

MRS.
SMEDLEY'S



LADIES'

MANUAL

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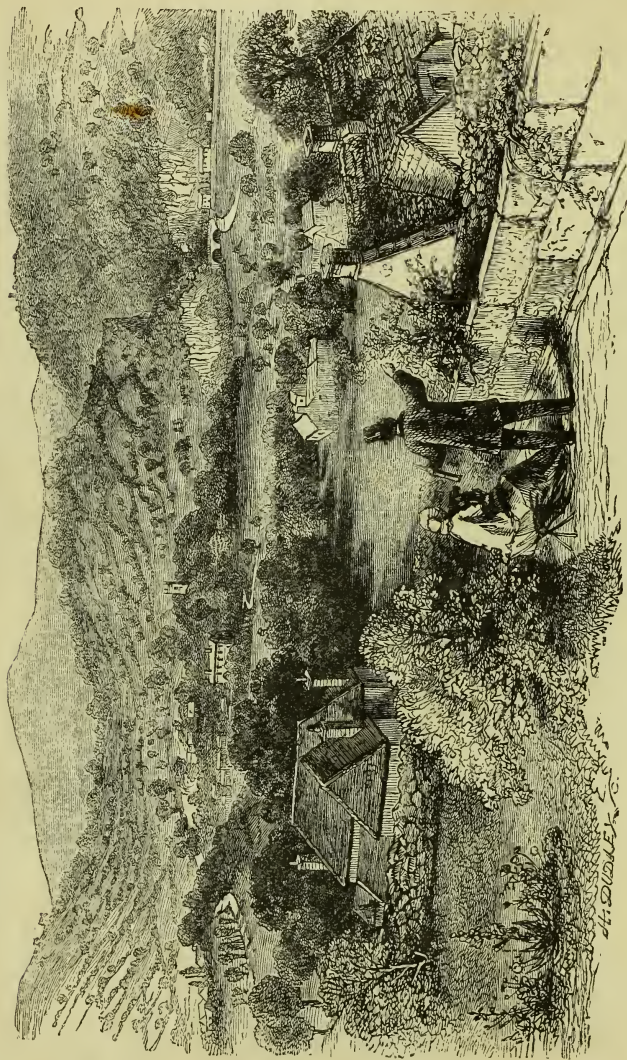


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VIEW, FROM MATLOCK BANK, OF MATLOCK VILLAGE, HIGH TOR, MASSON, AND THE MIDDLE PEAK HILLS IN THE DISTANCE.

Smedley's Hydropathic Institution

(ESTABLISHED 1852),

MATLOCK BRIDGE, DERBYSHIRE.

Resident Physician—

WILLIAM B. HUNTER, M.D., C.M., Glasgow University.

SMEDLEY'S INSTITUTION is agreeably situated in a neighbourhood celebrated for natural beauty, the number of objects of interest, and its salubrity. The Establishment stands on the south-western slope of a range of sandstone hills, at an altitude that secures a dry and bracing climate, and being in a hilly district, remote from any great centre of population, the atmosphere is very pure. The central position of Matlock makes it easy of access from all parts of the country.

Although the reputation of the method of treatment employed at this Establishment is widely spread, and that beyond the confines of the United Kingdom, there exist with many considerable misconceptions as to its nature and limitations. Whilst preferring to leave the estimation of its value to the test of results rather than the strength of assertion, it is deemed advisable to meet this, as far as possible, by a general statement of its character and scope.

That disease should be treated in the way most consonant with Nature is a proposition too commendable to good sense to be controverted in the abstract, however much it may be neglected in practice. That it is neglected in the ordinary medical practice of the day is undeniable, drugs being resorted to in the first place, whatever more may be done.

The employment of the powerful *natural* agents, heat and cold, in the treatment of diseased conditions of the body is both less

perilous, and, it is held, more effectual than the use of drugs, which are *unnatural* and foreign to the body. What is distinctive in this method lies in giving *precedence* to natural influences as opposed to unnatural, of safe as opposed to unsafe, of agents allied to the natural forces of the economy as opposed to such as are foreign and essentially prejudicial.

That measures comparatively simple should prevail where more imposing and often violent means have failed may in some minds excite surprise, but that this is possible is daily being demonstrated, and it is due in great part to the patience, ingenuity, and thoroughness observed in carrying them into effect.

Prolonged application in developing the therapeutic qualities of heat, cold, counter-irritants, and general hygiene has gradually produced a method of treatment of great power, universal range, perfect elasticity of adaptation, and practical safety where employed with due carefulness, and an intelligent regard to the particular character of each case. It has been able, with a singular measure of success, to take up vast numbers of cases of disease at a point where an exclusively drug treatment has been compelled to resign them as hopeless. When employed at the beginning of diseased conditions, its success is still more assured, and it is hoped that in time this position may be assigned it in the practice of the medical profession as a whole.

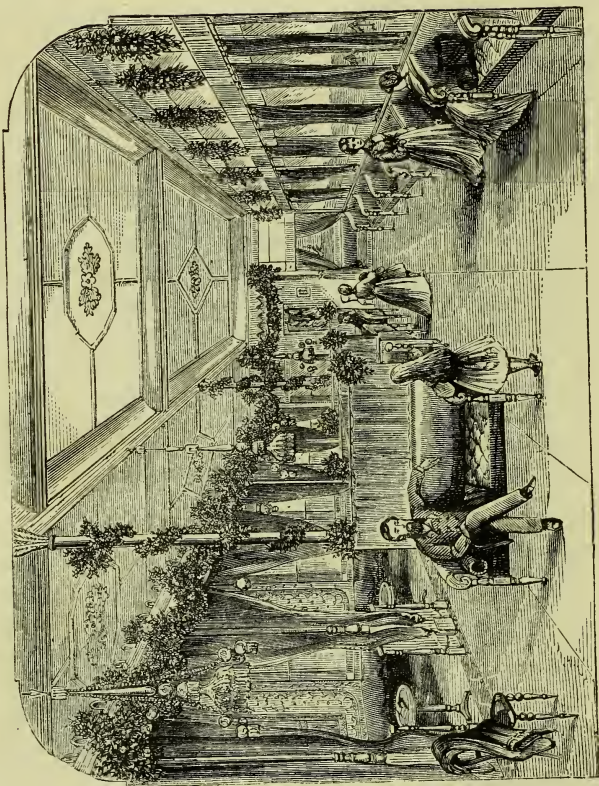
Whenever this fails in attaining the desired end, other measures, no matter of what class, provided they have established in experience a just claim to be considered useful and safe, are brought into play. For it is of greater importance that cure should be obtained, than that cure should be obtained by any particular class of remedies.

The practice at this Establishment embraces also what is common to other hydropathic establishments, and avails itself in appropriate cases of the valuable influences of electricity in its various forms, and does not exclude the careful employment of medicines in exceptional cases where their co-operation is found necessary to effect a cure. Whatever diseases medical science has not unequivocally demonstrated to be incurable come more or less within the range of this method of treatment, and the exhausted sufferer

from organic disease, and the man of business, seeking no more than relaxation from toil combined with bracing influences, may alike look to it for aid.

As a WINTER RESIDENCE the internal arrangements are such as to render it admirably suited for such as might otherwise have had to leave the country. The advantages to be derived from wintering at this Establishment are too numerous for mention in a prospectus, nor could they be realized without a personal investigation. It should not, however, be necessary to do more than hint at any means which might avert to some the sentence of banishment so many have to endure each year. There is a rapidly-growing perception of the fact, long patent to us, that the question of *housing* in winter is of far greater importance to an invalid than that of *climate*; and residence abroad, it is well known, is all but invariably a sacrifice of the former to the latter. Such is the size and peculiar arrangement of this Establishment, that weeks might be passed indoors in the winter season without any attendant disadvantage to health; and the superior claims of the popular winter resorts in point of climate, are perhaps more than counterbalanced by the advantages in housing and treatment afforded by this Institution throughout the winter months.

The following extract from Bemrose's "Guide to Derbyshire" (Bemrose & Son, London), refers to the origin of the Establishment:—"Matlock Bridge Station, close to the right of which is Matlock Bath, the head-quarters of Hydropathy for the Midland Counties. The introduction of Hydropathy into this district is due to John Smedley, Esq., the enterprising and philanthropic proprietor of the Lea Mills, who, having himself benefited by Hydropathic treatment, commenced the practice of it at Lea Mills, in 1851, for the benefit, in the first instance, of his work-people. The necessity of providing accommodation for the number of neighbours and visitors, who sought to avail themselves of the water cure, led Mr. Smedley to purchase a house at Matlock Bank for that purpose. From time to time this house has been enlarged, until it is now one of the most complete and extensive establishments in the kingdom, affording accommodation, with the last new wing, for 200 patients." (Page 42.)



GENERAL DRAWING ROOM.

NOTICE.—Rooms should, as far as possible, be engaged some days in advance of arrival, by intimation to the Manager.

TERMS:

There is no distinction made in the Terms between Patients and Visitors, the Consultation Fee being the only additional charge to Patients.

| | | £ s. d. | £ s. d. | £ s. d. |
|--|------------|-------------|---------|---------|
| Board, Lodging, Medical Attendance, and Bathing, according to situation of Bedroom | } per week | 2 12 6 | 3 3 0 | 3 13 6 |
| Ditto, when Two Persons occupy the same Bedroom | | 2 10 0 | 2 18 0 | 3 8 6 |
| Ditto, for Children between six and twelve years of age | } | Half-price. | | |

Private Sitting Rooms from 42s. per week.

N.B.—Rooms when reserved from a certain date (or retained during a temporary absence) are charged half-price from the day they were to be occupied.

EXCEPTIONAL CHARGES.

| | | £ s. d. |
|--|---------------------|---------|
| Consultation Fee (for first interview only) | | 0 10 6 |
| Fire in Private Room for the Day | | 0 1 0 |
| Ditto ditto Evenings only | | 0 0 9 |
| Serving Meals in Private Rooms—Breakfast only | per week | 0 2 6 |
| Ditto, all the Meals | „ | 0 5 0 |
| Special Bath Attendant (when required) for Invalids) | per week—for Ladies | 1 1 0 |
| Ditto ditto ditto „ for Gentlemen | | 1 17 6 |

The CONSULTATION FEE is not repeated for an absence of one month or less, but, over that period it again falls to be paid.

Consultation Fee for any one not residing in the Establishment, Half a Guinea for each interview.

Clergymen and Ministers residing in the Establishment are exempt from the Consultation Fee.

APPLICATIONS BY LETTER FOR ADVICE for home treatment should be accompanied by a P.O.O. for Half a Guinea, made payable to W. B. HUNTER, at Matlock Bridge Post Office.

BATH ATTENDANTS, to treat patients at their own homes, will be provided as far as practicable. An account is rendered from the office of the Institution at the end of the engagement, or as often as may be arranged. Terms for a Male Bath Attendant, £2 2s. per week; for a Female Bath Attendant, £1 1s. per week.

BATH BLANKETS AND SHEETS are provided without additional charge, but patients can purchase these and Sponges for their exclusive use when desirous of doing so.

MORNING BATHS can be had on applying to the head bath attendants, and through them only.

NIGHT WATCHMEN are in constant attendance throughout the night, and perambulate the building at stated intervals.

A spacious BILLIARD SALOON has been added to the Establishment, containing two tables.

Dogs and other animal pets cannot under any circumstances be admitted.

Out-patients should, as far as convenient, present themselves for Consultation between the hours of 5 and 6 p.m.

MEALS.

[illegible]

MEALS—continued.

Refreshments are provided in the Saloon (for those who require them), as under:—

| | |
|--------------------------|--------------------|
| Luncheon | 11.0 to 11.45 a.m. |
| Supper | 9.15 p.m. |
| <i>Sundays.</i> | |
| Breakfast | 8.30 a.m. |
| Dinner | 1.0 p.m. |
| Tea | 5.0 p.m. |
| Supper as on other days. | |

BATHS.

The Bath Attendants are on duty to administer treatment:—

| | |
|---------------------|----------------------------|
| Morning | from 6.0 a.m. to 8.15 a.m. |
| Forenoon | „ 10.0 a.m. „ 1.0 p.m. |
| Afternoon | „ 3.0 p.m. „ 5.15 p.m. |
| Evening | „ 8.0 p.m. „ 9.30 p.m. |

A night Attendant is always available. Treatment is not administered on Sundays (except in special cases) beyond the morning bath.

DRILL CLASS.

The Drill Instructor is in attendance from 9.30 to 11 a.m. every day except Sunday, to drill and exercise.

Charge, 1s. 6d. per week, or portion of a week.

LETTERS.

The Letter-box in the Saloon closes—

| | |
|--|--------------------|
| For the Morning Despatch, at | 9.50 a.m. |
| For the Evening Despatch, at | 5.15 and 6.30 p.m. |

There are two deliveries of Letters—

| | |
|---|-----------|
| Morning, Hall Porter's Office | 8.0 a.m. |
| Afternoon | 3.45 p.m. |

Letters for persons not on the books of the Establishment, and lying unclaimed for forty-eight hours after arrival, are returned to the Post Office.

Letters are despatched on Sundays at 5 p.m.

RELIGIOUS SERVICES.

| | |
|--|------------|
| <i>Daily.</i> —Morning Prayers | 9.0 a.m. |
| Evening Prayers | 9.0 p.m. |
| Divine Service in the Chapel— | |
| Sunday Morning | 10.30 a.m. |
| „ Evening | 6.0 p.m. |
| Wednesday Evening | 7.15 p.m. |

Attendance at the Services is entirely optional.

THE GENERAL OFFICE.

The Clerks are in attendance at the Office for the transaction of general business, daily (Sunday excepted), from 9 a.m. to 5.30 p.m.; on Saturday, closes at 3 p.m.

SALE ROOM.

(NEW WING. A LANDING AT FOOT OF STAIRS).

Baths, Bandages, and Apparatus of all kinds employed in the treatment of the Establishment, together with numerous articles of general usefulness, including Smedley's celebrated hosiery, are to be had. Hours, from 9 a.m. to 6 p.m. (Sundays excepted); on Saturday, closes at 3.

BOOKS ON SALE.—Smedley's "Practical Hydropathy," 2s.; by post, 2s. 6d. Mrs. Smedley's "Manual for Ladies and Children," 2s.; by post, 2s. 6d. Dr. Archibald Hunter's (of Bridge of Allan) "Hydropathy for Home use," 5s.; by post, 5s. 5d.

Applications from a distance for goods should always be accompanied by a remittance, and a *price list* can be had, whereby the amount may be ascertained and transmitted in advance. Post Office Orders for goods to be made out in the name of A. H. DOUGLAS.

REDUCTION OF TERMS FOR THE WINTER SEASON.

A reduction of Ten per Cent. on the regular terms is allowed to all who reside in the Establishment for a period of One Month or more, between the 1st November and the 1st March in each year.

The reduction is made on each weekly bill, but comes into operation only at the end of November, and is retrospective for that month. It can be claimed only after the completion of the first month of residence in each case, and is then made for the whole month.

TURKISH BATH.

A handsome and commodious Turkish or Roman Bath has been erected in connexion with the Bath-houses of the Establishment, in which there are special provisions for free and thorough ventilation, and arrangements and additions of a kind to prevent or correct the inconveniences which deter many from its use, have been made, so as to provide a Bath peculiarly fitted for the Invalid.

Charges for the Turkish Bath—

| | |
|---|------|
| To Patients residing in the Establishment, when prescribed . . . | Free |
| „ Inmates of the Establishment . . . A Single Bath, 2s.; a Series of Six, 9s. | |
| „ Strangers „ 5s.; „ 21s. | |

ELECTRO-THERAPEUTICS.

Electricity, in all its various forms, has proved a safe and valuable means in the treatment of disease, and an important adjunct to Hydropathy, enabling it sometimes to effect cures in cases otherwise incurable.

The Electro-Chemical Bath.

The Electro-Chemical Spinal Bath.

The Electric Bath (Faradic).

Continuous, Interrupted, and other Batteries.

The charges for Electric Treatment are—

| | |
|--|---|
| Electricity, in any form, per day | 1s. |
| The Electro-Chemical and } Electric Baths . . . } | 2s. 6d. each, or a Series of Ten for 20s. |

RAILWAY ROUTES TO MATLOCK BRIDGE.

From London and the South, book to Derby, and thence to Matlock *Bridge* Station (from St. Pancras Station).

From Birmingham, Gloucester, and the South-West as above.

From Manchester and the North-West, book to Matlock *Bridge* Station, *via* the Manchester, Buxton, and Matlock Railway.

From Lincoln and the East, book to Derby, *via* Nottingham, and thence to Matlock *Bridge* Station.

From Edinburgh and the North, book to Matlock *Bridge* Station, *via* York, Normanton, and Ambergate (or Belper), or *via* Manchester.

Arrivals and Luggage conveyed to and from the Station by a Private Omnibus which meets every train.*

The "Midland Penny Guide" furnishes all particulars, and a statement of monthly return tickets.

* A charge of 6d. is made for the use of the Omnibus between the Establishment and Railway Station either way.

STABLES.

Excellent Stable Accommodation for Private Horses and Carriages.

SMEDLEY'S HYDROPATHIC COMPANY

(LIMITED)

Having in 1875 acquired the Institution so long successfully carried on by the late Mr. JOHN SMEDLEY, are conducting it in the same spirit of earnest solicitude and care for the interests of the suffering, and in a way which is in all essentials the same with that which has characterized the Institution from its origin. At the same time, it is the intention of the Directors to make numerous improvements in the management, arrangement, and appliances of the Institution, the need of which has long been felt, and to make it as celebrated for its comfort as for its usefulness. Already the Grounds have been greatly altered, so as to increase their convenience and beauty. Electric Bells have been fitted up throughout the Establishment, the Bath Houses have been reconstructed with many additions and improvements, and a Turkish Bath has been erected specially adapted for invalids in point of arrangement and ventilation.

November, 1873.

*Sixteenth Edition, Forty-eighth Thousand. Much
Enlarged, with Cuts.*

LADIES' MANUAL OF PRACTICAL HYDROPATHY, (NOT THE COLD WATER SYSTEM,)

*WITH VARIOUS NEW EXTERNAL APPLICATIONS, NOT USED IN ORDINARY
HYDROPATHIC PRACTICE; ALSO, DIRECTIONS HOW TO CARRY OUT
THE TREATMENT FOR CHILDREN AND FOR ADULTS IN FEVERS, IN-
FLAMMATIONS, SMALL-POX, AND ALL DISEASES THAT THE HUMAN
FRAME IS LIABLE TO, WITH SAFETY, AND CERTAINTY, WITHOUT ANY
MEDICINE, BLISTERS, OR DOCTORS' REMEDIES.*

BY
MRS. SMEDLEY,
MATLOCK BANK, DERBYSHIRE, AND RIBER CASTLE.

MR. SMEDLEY'S PRACTICAL HYDROPATHY,

85th Thousand, 16th Edition.

Including Plans of Baths, Diet, Clothing, and Habits of Life. 640
pages, crown 8vo, with 160 Anatomical Engravings. Price
2s. 6d., or free by post for 32 Stamps. James Blackwood
& Co., Paternoster Row.

THE SIGNAL NEGLECT TO APPLY EXTERNAL HEAT TO ORGANS DEFICIENT
IN VITALITY IS THE GRAND DEFECT OF ALL ALLOPATHIC OR HOMŒOPATHIC
PRACTICE, AND THE CAUSE OF THE DEATH OF INNUMERABLE HUMAN BEINGS.

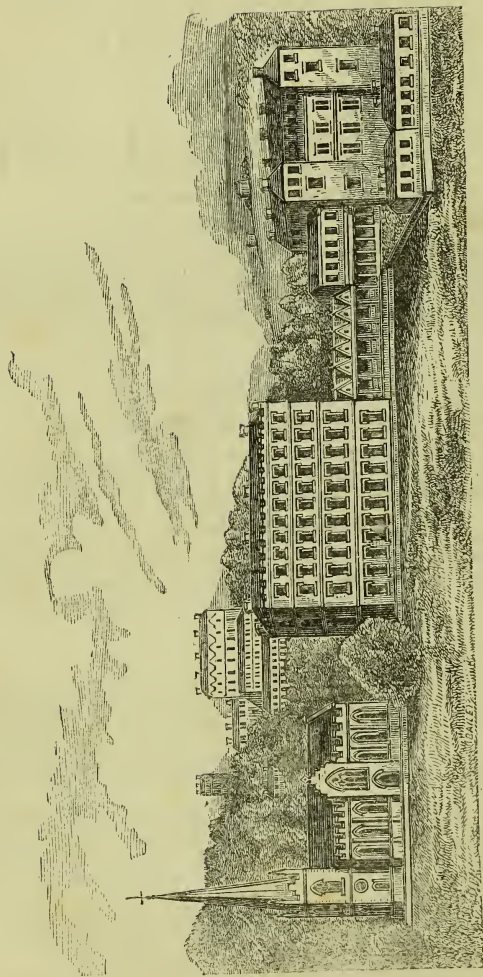
THE CAUSE OF THE SUFFERING, MISERY, AND OFTEN OF DEATH OF
THOUSANDS OF HUMAN BEINGS IS THE FUNDAMENTAL ERROR, HELD BY
MEDICAL PROFESSORS, THAT DISEASE IS SOMETHING TO BE SUBDUED OR
DRIVEN OUT OF THE BODY, WHEN, IN FACT, IT IS THEIR WANT OF MEANS TO
SUPPLY VITALITY.

VITAL HEAT IS LIFE; DEFICIENCY OF IT WEAKNESS AND DISEASE;
ABSENCE OF IT DEATH. Drugs, Allopathic or Homœopathic, Opiates, Bro-
mide of Potassium, Belladonna, Strychnine, Arsenic, Iodine, and a thousand
other destructive preparations, blisters, leeches, cupping, setons, caustic, sub-
injection of morphia, cannot raise the vital power of the body, but lowers or
destroys it, and consequently ruins the constitution, and kills it.

DR. ABERNETHY said, "Medical practice is like a man blindfolded going with
a club into a sick-room, laying about him right and left. If he hits the disease,
he killed it; but if he hits the patient, he killed him."

London :

JAMES BLACKWOOD & CO., LOVELL'S COURT,
PATERNOSTER ROW.



SMEDLEY'S HYDROPATHIC ESTABLISHMENT, MATLOCK BANK.

Route from the South.—To Derby: there take a Ticket for Matlock Bridge (not Matlock Bath), leaving the main line at Ambergate. Route from the North.—By Midland to Ambergate, or by Crewe to Derby, thence to Matlock Bridge. From Manchester by rail to Matlock Bridge. Goods to Matlock Bridge Station, Midland Railway. Post-office Orders to be made payable at Matlock Bridge Post-office.

PREFACE.

(For Numbers and Letters, see pages 346 to 357. For Diseases and Cases, see Index.)

THE very idea of preparing this little "Manual" appears an act of presumption to myself, so my readers thinking it such will readily be excused. The feelings that prompt me to attempt it are strong, as almost daily cases come before me for advice, in which I see a few simple applications of Hydropathy would have prevented diseases most distressing, in some cases fatal to the poor sufferers; and several of their symptoms had never been mentioned by them to their doctors, out of feelings of delicacy, which entirely give way when conversing with one of their own sex. After reading many works on Hydropathy in conjunction with my husband, I consider that they are written too scientifically for Ladies who have not studied Medical and Anatomical Works, and who are therefore ignorant of the many terms made use of only in such works, and which are not at all necessary to be known by the generality of our sex in the ordinary duties of life. This little Manual will therefore be entirely free from such terms, and is dedicated to God by prayer, believing, as His instrument, that I shall be able by this effort to *prevent, relieve, and cure* many sufferings and diseases to which my own sex are more especially subject; and to God's glory may each blessing, thus accompanying its perusal, be alone ascribed.

CAROLINE ANNE SMEDLEY.

Riber Castle, Matlock, Derbyshire.

SPINNING.

LIKE a blind spinner in the sun,
I tread my days;
I know that all the threads will run
Appointed ways;
I know each day will mark its task;
And, being blind—no more I ask.

I do not know the use or name
Of that I spin;
I only know that some one came,
And laid within
My hand the thread, and said,
"Since you
Are blind, but one thing you can do."

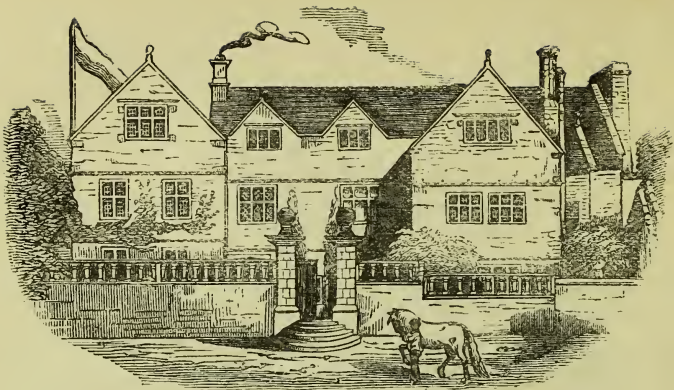
Sometimes the threads so rough
and fast
And tangled fly,
I know wild storms are sweeping
past,

And fear that I
Shall fall; but dare not try to find
A safer place, since I am blind.

I know not why, but I am sure
That time and place
In some great fabric to endure,
Past time and race,
My threads will have;—so, from
the first,
Though blind, I never felt accurs'd.

But listen, listen, day by day,
To hear their tread
Who bear the finish'd web away,
And cut the thread,
And bring God's message in the
sun;
The poor blind spinner's work is
done.

Riber.



RIDER HALL, THE PROPERTY AND RESIDENCE OF MR. GEORGE A. LIN.

When talented medical men have spent many years in the study and investigation of the human frame, its action, and the laws by which life exists, and have laid open the secrets of nature so truly, one would suppose they would be the only authorities for the cure of disease, or to counsel how to keep the body in health; but, strange to say, it is not so, by their own showing, and stranger still, both doctors and their given-up cases come to our Institution, and get well without difficulty. We could give thousands of such cases we have had the last twenty years, and not a week now passes without a repetition of such experience. The fact is that, with all the doctor's truly scientific knowledge, he has no means to attempt a cure but by drugs, blisters, and the other thousand ways of counteracting the vitality of the frame and destroying life. We have had more cases than we can call to mind of a parent or a child or a friend brought to us in agony of body and mind, and in the blackness of despair at dying a painful death. We could at once assure of restoration or relief. I well recollect a lady bringing her only son to my husband, an engineer, age twenty, had rheumatic fever, worn to a skeleton. My husband considered the case too far gone to attempt a cure, and wished the lady to take her son home. She replied it would break his father's heart to do so. My husband kept the young man, nursed Nature's almost extinguished powers, and eventually he became a strong man. Many a cherished son or daughter, the hope and treasure of fond parents, have come, as a forlorn hope, whom we have had the supreme pleasure to see get well and become the mainstay of the family. Many with distressing wounds and abscesses, making life intolerable from pain and putrid exhalations, we can now point to sound and in high health and spirits. When such cases have returned home cured, why cannot medical men act on facts, and lay aside prejudice and routine to save life?

It should be remembered allopathic or homœopathic doctors only act on the body by drugs taken into the stomach.

The great Dr. Baillie said on his death-bed he had no faith in physic; and he wished he could be sure he had not killed more than he had cured. See page 226 for other quotations of doctors' opinions on their practice. Drugs can only stifle or stimulate; it is impossible they can make good blood, or increase natural vitality.

BY THESE ENTIRELY ORIGINAL METHODS OF EXTERNAL APPLICATIONS, WITHOUT MEDICINE OF ANY KIND, OR COLD WATER, OR ANY SHOCKS TO THE SYSTEM, THERE IS CERTAIN CURE OR RELIEF FOR EVERY AILMENT, DISEASE, OR INJURY THE HUMAN FRAME IS LIABLE TO.

If medical men, whose knowledge of the structure, and functions, and constitutional peculiarities of the human frame is so extensive, would advise their patients how to live and make the best use of the organisation God has given each in its own peculiar degree, before disease has come on, a vast amount of life, and disease, and suffering would be saved. Those born with not robust constitutions should be impressed with the necessity of using their bodily and mental powers in proportion to their strength, and not try, by the use of stimulants, and tonics, or severe exertion, to strengthen their powers; for assuredly the reverse will be the result of such attempts. Again, the robust should be impressed with the necessity of self-denial and abstemiousness, to avoid apoplexy, inflammations, congestion of the brain, gout, and a train of miseries such are especially liable to. I have seen many friends of mine sink from these causes, and had life shortened by many years, when they looked forward to a long life. (*J. S.*)

LADIES' MANUAL

OF

PRACTICAL HYDROPATHY.

To make this little work most simple as well as useful, I shall divide it into the following heads:—

SINGLE WOMEN.

MARRIED WOMEN.

CHILDREN OF ALL AGES.

GENERAL DIRECTIONS FOR SINGLE WOMEN WHEN IN GOOD HEALTH.

ON rising, have either of the following numbers (Bath List, end of this work), 1,* 15, 16, 26, 28, 95, 125; at bedtime, have either 83 for 3 or 4 minutes, well covering up the rest of the body with blanket, or 105 before undressing, for 3 or 4 minutes. Once or twice a week, take either 20, 35, 55, 99, and then omit the above rising

* Nos. allude to Bath List, and letters to Special Treatment.

and bed-time treatment. Strictly attend to 216 at the "monthly periods," and at those times also omit the general treatment. The above directions, though they may appear formidable upon first reading, or first applying, yet they will soon be found most easy and agreeable, and it is quite beyond my space or power to give any adequate idea as to the efficacy of the above plans in preserving good health, and thus "preventing" the many diseases of which this book will treat. Should there be any who, from want of time, owing to their employments, could not always adopt the "rising treatment," then I would recommend them to vary the "bed-time treatment," with some of the "rising" applications. Much good health is also destroyed by careless diet, both as regards quality and quantity of food: the more simply and moderately the wants of the stomach are supplied, the better. All alcoholic drinks should be abstained from, not only on account of health, but upon the most common principles of humanity; the innumerable miseries occasioned by the abuse of what is truly called our country's "curse," I regret to write, extend fearfully, even amongst our own sex. If all who regret this "curse" would practically pity these poor fallen brothers and sisters, by abstaining from, and in all possible ways discountenancing, this disguised enemy to both bodies and souls, "Alcohol," the "curse," would be no longer designated "our country's." These remarks may be considered a digression by some readers, but I dare not pass by lightly so important a subject in connexion with health; and now I proceed to specify the "treatment" for "single women" who have constitutionally delicate health, and yet no disease apparent to themselves or others.

On rising, either of the following: $2\frac{1}{2}$, 6, 7, 9, $12\frac{1}{2}$, $13\frac{1}{4}$, 14, $19\frac{1}{2}$, 22, $22\frac{1}{2}$, 24, 25, $26\frac{1}{2}$; forenoon or afternoon, take either 108, $110\frac{1}{2}$, or $105\frac{1}{2}$. Bedtime treatment, either 112, 114, 123, 127, or 78 or $78\frac{1}{2}$, when required, instead; and for the "monthly periods," 217, and then omit all other treatment, unless the 24, 25, or $25\frac{1}{2}$, are felt useful for the general circulation. Once a week generally, take $13\frac{1}{2}$, 99, or 52: diet should be 210 and 212. This numerous class of delicate young women are so often dosed with what are called "tonic mixtures," such as "iron," "steel," and various bitters; these, necessarily heating the blood un-

naturally, produce constipation and feverishness, so that aperient medicines are then resorted to, which, of course, so weaken the system that it is in a constant see-saw state of fever and debility ; if drugs are not used, "stimulants" are taken, and "alcohol" again does its mischief (see page 224). Many of these delicate women, unless they apply the remedies as here stated, "hydropathically," suffer their general system to become relaxed, and a disease called the "Leucorrhœa," or commonly known by the term "Whites," commences, which is a discharge from the "vagina," or private parts. This disease is thought little of by most people, and very rarely alluded to by the medical advisers to their patients ; and mothers are also to blame in not asking their daughters questions on this point, as delicate-minded young women are not likely to mention it themselves. And here again my patients have felt the great advantage of my position with them. Trifling as this disease is often considered, it is not trifling in its results, if not cared for. "Slow fever," "ulcerations" of the internal parts, "consumption," "atrophy," and "dropsy," arise frequently from a long continuance of this disease ; and generally the pains in back and loins, loss of strength and spirits, &c., are from this cause. I must not omit here to give a strong caution to those affected with Leucorrhœa, and who have named it to their medical adviser, that oftentimes the remedies he gives are various lotions, such as "alum water," &c. &c., to be applied by the use of an "injection pipe" inserted into the vagina. Now, the use of this instrument, whatever it contains, or *any* local examination, is highly dangerous, as well as very undesirable in a moral point of view, for young persons. I have known several instances where the use of the instrument has set up inflammation in the internal organs ; and in one case tumour originated from the lady being unacquainted with this danger, and put herself to great pain in the use of it, causing an internal wound, which tumefied. But, under any circumstances, the "injection" system is wrong, as the following simple hydropathic remedies never fail, when there is no internal organic disease :—

TREATMENT FOR THE LEUCORRHEA, OR WHITES.—On rising : 96, attending also to 13. If this bath causes a chilliness, then take it as 95½.

All through the day, strictly attend to 106, using little vinegar and water, then it will not be felt cold,

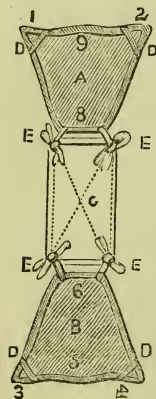
and always having the water changed (if the whites are bad); but if not bad, then the water need not be changed every time. Have a pad in bottom of bath.

Bed-time : 105½ three minutes before the two minutes' cold sitz ; and if 123 or 127 could also be used at that time, or during the day, it would hasten the cure. 119½ is also very useful (see following).

(ASCENDING DOUCHE.—This is in the form of a water-closet seat, the water spouting up from beneath, and the person using it regulating the current by a tap on the seat. This bath is very useful in cases of weakness of those parts the water comes in contact with, and can be used without the slightest risk by the most delicate persons. Can be purchased at our establishment for 65s. each, and is a neat-looking piece of bed-room furniture.)

Avoid standing long or walking far : sleeping on a mattress instead of a bed would be more favourable ; also the regular use of 163¼ and 186 would materially assist. If, from employment in day, the use of 106 is not practicable, then adopt the “spongio support,” keeping the “pad” frequently renewed out of cold water, or vinegar and water, and having fresh clean pads often. The above disease is so connected with the “menstruation,” or monthly period, I shall, after explaining the support, touch on that subject, avoiding all the long terms generally made use of for diseases so prevalent under this head.

(Spongio Piline Support.—A, piece for front of body ; B, ditto for back ; D D D D, the loops of ribbon for the elastic band to secure it round the waist ; C, the fine soft calico pad, four thicknesses, slightly quilted ; E E E E, the ribbon strings sewn on spongio to tie on to the pad, which has a loop at each end for the strings to pass through ; A, 9½ inches, 1 to 2 for the front, 8½ inches long ; B, 3 to 4, 8½ inches, and 8 inches long, centre part ; C, 4¼ inches wide, 8 inches long ; width of spongio, 8 to 9, to be 4¼ inches wide. Straps and buttons are sometimes preferred to strings to fasten the pad to spongio. Swansdown calico pads are best, and small piece of sponge, when disease is bad.)



I shall confine myself to the well-known terms, “regular” and “irregular” monthly periods.

REGULAR MENSTRUATION.—Though this term is, as I said above, “well known,” yet it is not well understood. The question often put by medical men and others, “Are you regular,” &c., is answered in the affirmative, and nothing more is thought or said upon the subject, when all the time great irregularities are going on, which, from the ignorance of the answerer as to what is “regular,” misleads both the adviser and advised, and they stumble on in the dark, till sometimes serious mischief ensues, and then the cause is discovered. Regular menstruation commences in this country from fourteen to eighteen years of age; there are a few exceptions both before and after this age; still, the person is quite healthy. The most general age is from fourteen to fifteen. But the most important point of consideration is the duration, &c., of the “menses” at each monthly period, for under this head lies the danger to which I have before alluded. Three or four days is the full extent of time that Nature seems to require in which to discharge this excretion for the simple purpose of purification in a healthy person.

As the womb and internal adjacent parts become more or less relaxed, for this operation of Nature to proceed aright, I would especially draw the notice of my readers to the great importance of the hydropathic means to assist Nature both to relax and to contract again these delicately-formed organs.

The treatment (see 216 and 217 on Bath list) is given under the head of “present time treatment,” to mask it a little from the other sex. 216 is the number on list for all who are truly (after reading this article) able to be placed under the heading, “Regular Menstruation.” But I strongly advise this class of persons not to be satisfied with the 216 alone, but between each period to adopt the bathing system laid down for those in good health (see p. 5); for truly “we are fearfully and wonderfully made,” and the right value of health is seldom placed upon it until it is a lost blessing, or nearly so. But we must now take up the subject of—

IRREGULAR MENSTRUATION.—The most frequent patients under this head are those who suffer from an excessive amount of discharge; and, as I noticed before, from going on month after month, ignorantly supposing all is natural and right, the unnatural distension, and consequent relaxation, strain all those delicate parts, and rob them of that

wonderful nervous electricity, and thus the whole nervous system and general circulation of the whole body is injured, for "as one member suffers, all the members suffer with it." As I am writing this Manual for the benefit of my own sex, I cannot omit alluding to the practice too generally adopted by those suffering under this excess, viz., continually changing their linen and other "necessities" required at this time; forgetting, or else not knowing, that every fresh change produces fresh gushes of the discharge, and so keeps up the difficulty. The following treatment will produce the desired effect, cleanliness; and at the same time, instead of causing an increase, will assist Nature in averting the evil, and by persevering in its application month after month, gradually bring the parts into a natural state.

TREATMENT AT THE TIME OF EXCESSIVE MENSTRUATION.

—If it is only a casual excess from any disturbance of the general system during the time of the monthly period, then merely adopt the treatment put down in No. 216, after the fifth day's sitz there stated; but if it is a disease in itself, then attend most strictly to the rules laid down as follows, and wear 168½ and 186 and "spongio support." As in most patients the excess does not come on the first day, therefore, on rising that day 31, dry rubbing as No. 19½, so as to avoid all chill: till the "excess" does come on, attend to 106, 70 deg., and if the "pad" or "support" is not found sufficient, then double one of the "usual necessities" in four, after squeezing it out of cold water, and place it inside the pad. After each of the two minutes' sitz, recline on the sofa or bed, on the right side, drawing the left leg up a little (this is the easiest and safest posture in any derangement of the womb), and have 158 and 132; if at all chilly after the sitz, then well wrap up as in 77 on Bath list, and omit the 158 and 132 for that time. If the above plan does not prove a preventive in checking the excess, then, in the place of the "necessity" doubled in four, place a large common West India sponge, partially squeezed out of cold vinegar and water, inside the pad, and to avoid being uncomfortably wet, a piece of oil-silk or mackintosh placed on the side of the sponge next the *pad*, will be found an advantage; instead of dressing, the patient had better be laid in a blanket or blankets, according to the warmth (which should be only warm enough to be comfortable), and every two hours the whole trunk of the body

should be sponged with a sponge partially squeezed out of cold water; during this sponging, the hands and feet should be wrapped in hot foment pads wrung out of strong mustard and water, and the head should be packed as "winter turban," see list, No. 224; if the patient suffers from the head, this head-dress should be kept on regularly, and renewed frequently. Again I must urge upon those suffering under this irregularity not only to attend to the directions given for the time of special need, but to remember that their time of need is always; and their best general treatment will be found under the head of the "Constitutionally Delicate." (See page 6, or Q, page 355.) But irregular menstruation also shows itself by severe "pain" at the monthly period, and oftentimes this pain quite assumes the character of "labour pains" from its severity. Under this disease the sufferer will be thankful to persevere in the following rules; and it is, indeed, patience and perseverance (under Divine blessing) which must conquer this difficulty, for it is often the longest in being overcome. I am more and more convinced that only hydropathy can effectually cure this distressing malady. All kinds of anodynes are generally given to the poor sufferer (whom I have seen rolling on the floor in agony); but these only produce temporary relief, by benumbing Nature; and they have to be continuously repeated, and in larger doses each time, to the awful injury of the constitution, or else, after the effect of the anodyne is past, Nature awakes with increase of pain, and less nervous power each time to bear it, and so pays dearly for the ease obtained. It will be reasonably understood how such a practice must wear out any constitution.

As this pain arises ordinarily from severe congestion of the womb and ovaries, the principal attention should be given the week before the "monthly" is expected. Treatment, therefore, best for the previous week, is as follows: Wear 174 and 188, or 168½ and 186; on rising, 99; forenoon, or afternoon, "bowel pack" (see No. 225 on Bath List) or 44; bed-time, 105 in 80 deg., soap-suds; five or six minutes, or longer, if comfortable; be very careful of feet and hands being kept warm; if ever cold, attend directly to 156 or 157 (or letter A (see page 354) very good).

TREATMENT FOR THE TIME WHEN "MENSES" IS ON.—
1st day, if not much, take the same treatment as above;
2nd and 3rd days, have 162 and 161 on rising and bedtime, keeping warm foment-pad on bowels during treatment,

If any spasm of pain should come on, notwithstanding the above remedies, then adopt the following, till pain leaves ; undress and have 137 or 138, throwing a blanket round the shoulders, and have the bowels and lower part of back well rubbed with dry mustard and hand, then lie down as 67, with $153\frac{1}{2}$, till you have been in a perspiration about twenty minutes, putting on "winter turban," then have $13\frac{3}{4}$ and dress, but if pain is not gone after the $13\frac{3}{4}$, keep repeating this spasm-treatment till it is subsided. Lying as 76 during the day will also much relieve, or attend to 231 instead of above, with the addition of using the "spongio support" and sponge, as directed on page 10, but sponge should be applied warm instead of cold.

The general treatment, during the intermediate fortnight, should be used as follows, so as to give tone to the whole constitution :—On rising, $95\frac{1}{2}$ or $19\frac{1}{2}$; bed-time, $110\frac{1}{2}$, and use 13 with either occasionally. Sometimes menstruation is "arrested" altogether, for a time, from congestion ; then I should recommend a continuance of the "previous week's" treatment, mentioned in this article ; but if the patient feels at all weaker from it, then rest awhile from all treatment, and commence again, and so on, till the desired end is gained. But I must here caution a class of patients, who have the menstruation stopped for a time by Nature herself, to enable her to restore other shattered parts of the frame (and sometimes even the womb itself), which have been debilitated through any illness, or over-exertion, &c. Nature is wonderfully permitted, for a while, to arrest secretions, which can assist her in her work, and also by letting some of the machinery be at rest she thus gains her purpose, or, I should say, more frequently would gain her purpose, but she is too often prevented and thwarted by the too great anxiety of the patient, or her advisers, and strong medicines are given to *force* these organs again to work, and the reader will soon guess the consequences. Now, if the patient feels stronger, and better altogether by the temporary arrest of the "monthly periods," let her be thankful, and patiently and passively trust the best physician under our "Great Physician"—Dr. Nature.

I would not be misunderstood by using the word passively, but explain my meaning, viz., avoid everything of a forcing kind, but please remember the above doctor is thus asking for real help, therefore assist it by every means that will renovate the health, which is

especially done by the mild applications of Hydropathy (see "General Treatment for the Constitutionally Delicate," page 6, or pages 354, 355, letter A or letter P).

The next subject upon which I wish to say a few words is the "Change of Life."

The general age for this is from forty-four to forty-eight years of age; but there are many exceptions. In very healthy people, and especially hydropathists, it will not materially affect them in any way; but, as I am addressing the "single women," it is especially necessary to dwell upon this subject, as, from various reasons, they do not like to allude to it when seeking advice; and also to this class the change of life frequently brings and leaves serious diseases upon the system, when not treated rightly under its various phases and stages. If the cessation of the "menses" be suddenly caused at or near this period of life (which is sometimes the case) by fright, painful bereavements, or severe cold—fever, cancer, tumour, and even temporary mania have been the result. I have known cases of the former and latter which have been perfectly cured by a careful and persevering application of hydropathy, the menses being brought on again for a time, and so Nature was able to pursue its right course. Where there is hereditary insanity, the "change of life" is a common period for it to show itself, and then it is much more obstinate in being cured, even when possible. I also know a case where the severe cold weather at the sea-side produced violent congestion, and ended in an "ovarian tumour." Sea bathing, or cold plunge baths, also not unfrequently causes ovarian tumour or ovarian dropsy, and is always hazardous to females especially, at all times, and at all ages. During the change of life, everything of an exciting kind should be avoided, so that the nervous system should not be disturbed: even very long walks, or standing long, is against Nature's operations. Stimulants of any kind are highly injurious, and often cause either inflammation or flooding. Treatment for general symptoms at the change of life as follows:—On rising, either of these Nos., 7, 9, 9½, 13½, 31; forenoon, 105½, 108, 110½, (119½ preferable to either); afternoon, 132 and 158, after lying as 76; or 133; bed-time, attend to 78 or 78½ very strictly, and, if necessary, 152.

Treatment when "flooding:—"83, but, before sitting

down, have a foment pad squeezed out of 98 deg. water, put at back of bath to lean against, and one thrown over front of bath to rest the thighs upon, and one applied to chest whilst in 83, and keep feet on hot foot-tin; then have a mackintosh sheet or blanket thrown over the person, leaving out the head only, and have head well sponged with cold water whilst in. If patient is comfortable, remain in three minutes; but if at all chilly, only one minute. Upon being taken out of bath, be put in blanket on bed, and treated with pads and tepid sponging, as in article on "Excessive Menstruation" (see p. 10). If flooding continues, the whole of this operation may be safely repeated till it is effectually stopped.

This treatment will quite prevent the fainting feelings which are so distressing both to bear and witness under this disease.

Many persons passing through the change of life are led to believe, from the uncomfortable feelings which affect them in the region of the heart, that they have heart disease; but these feelings only arise from the irregularity of the circulation at this period, which causes a temporary palpitation. Any person thus troubled had better attend to these directions:—

TREATMENT FOR PALPITATION OF THE HEART.—On rising, 73 $\frac{3}{4}$, but apply 176 after, instead of the body bandage named in 73 $\frac{3}{4}$. Whenever any attack in day, attend to 157, and loosen all the dress, and then lie as 76; 150, or 153 $\frac{1}{4}$ below the heart is also good. Bed-time as on rising, except when 78 $\frac{1}{2}$ is required; but when fomenting, do not touch the ribs with the foment pads, as that would irritate the heart. (See selection of baths, page 354, and cut, page 151.

As the diet is a great point in this disease, everything must be light and nourishing, and not much at a time, and a good deal of fresh air taken, but without fatigue or chill; 206 will also prove very useful.

From sluggishness of the general purifying organs at the change of life, Nature often tries to help herself through the skin, and especially in scrofulous blood, by throwing out various kinds of eruptions; these need never alarm, but require treating with "crisis treatment," as follows:—

TREATMENT FOR CRISIS.—Crisis taking place simply from the renewed vitality of the nutritive organs, saves us all anxiety as to its being brought to a safe and

successful termination, if only the patient will live in the simple manner it was intended we should do, and take the most ordinary care not to expose the crisis to the air or cold water. If even a patient should not observe this caution, no further bad results ensue, except retarding recovery. The crisis affects so many parts of the body, according to the nature of the complaints of the individual, that only general rules can be laid down. First, when rash, or crisis, is on the body, or legs, or arms, tepid sponging over only should be used, soaping sometimes to get the discharge cleared away; but care must be observed not to rub the parts, or it will prevent the new skin from forming. The more crisis is kept from the action of the external air, the better. On rising, take a little soap and hot water, and with a gentle hand, and flannel pad, well wash all matter away; then apply a damp piece of linen (or silk webbing) over the part affected, and dry flannel over.

If very *irritable* in the day undress and quickly sponge the body over with water at 65 deg.

If *smarting*, then apply the water at 80 deg.

If *burning*, then apply a very gentle warm fomentation, and re-dress as above; *no sponging after*: any cold application will increase the irritation. Have a wet pack (No. 221) if feverish, for an hour.

Bed-time.—Take off the linen, and put on body bandage (see 173½ Bath list) *well wet* in water 65 deg. A little hot water should be kept by the bed-side, and if unable to sleep, the above process should be renewed. If too delicate to have the body bandage so wet at night, then keep the damp linen on, with a piece of new flannel over. Abstain from flesh meat until the crisis is well out, and drink pretty well of cold water. Do not keep the body too hot.

When the crisis, from much inflammation in the body, does not subside with the above applications, the patient had better keep in bed, throwing off all bandages, with as light covering on as possible, not to be cold; and have the parts attended to as No. 147. If much matter, use suds with 147. This is the speediest way of getting well. Persons are liable to make the crisis worse by rubbing the parts. No. 210 while crisis is on. Any boils that do not break when they show that matter is formed may be *slightly* lanced, and a wet piece of linen kept on, and renewed often, and the matter

sponged out. See Bath list, No. 151, or 220. Care must be taken to prevent any of the matter or moisture touching other parts, as it might inoculate. Some boils appear to be coming on, but stop, and go back; this effects the purpose, as the matter is taken up by absorbents in coming out of the body.

If crisis is in the legs or arms or hands, apply 150½, 145, 147, 148, as most suitable; No. 143 will relieve the legs, when crisis is out, and when hot. If the crisis does not come out red, which it should do, and not a dark colour, use Nos. 140 and 143 alternately, until it does so. When the parts have done discharging, then the application of silk gloves or stockings, or if on body, a piece of hosiery woven silk should be applied, and kept on the parts night and day, and not removed until the skin is formed and healed; the silk should be kept constantly wet by sponging with tepid water—should have thin, dry merino gloves and stockings over the wet silk; some thin, dry flannel may be put over the silk round the body; the silk covering must not be removed, but if the crisis matter comes through, it can be sponged off with hot soap and water. We have also found washleather, kept well damped with hot water, and flannel or water dressing over leather, answer very well, instead of the silk. The crisis limbs are best kept in a reclining position, as the new skin and veins are weak from the renewal. When crisis is pretty well over, rest entirely from all treatment, except a tepid wash over in morning, and a sitz No. 106.

The legs are especially liable to such eruptions. Treatment for such legs, see Bath list, No. 146½; but great attention to page 6, or letter Q, pages 161, 355.

Varicose Veins are not nearly so common in single as in married women, and as I am writing on leg treatment, I would here state the best hydropathic treatment for such:—

HYDROPATHIC TREATMENT FOR VARICOSE VEINS.—Our first object is to restore the general circulation; and, in order to do this, we must begin with the stomach, liver, &c., giving general treatment for their healthy action. First morning (see Bath list), No. 2, on rising; second morning, Nos. 13¼ and 28; third morning, No. 31; then repeat; forenoon, first day, 42 with 1 or 28, or 47 with 1 or 28; second day, 48; third day, if person at all stout or of sluggish action, 60 with 1 or 28; afternoon, 50 and 159,

or 50 and 144 ; (if too delicate for this general treatment, then adopt the treatment as letter P ;) No. 214, night and day, 208, 163½, 172. Whenever No. 214 is removed to foment or re-wet bandages, dry rub legs upwards, and *never downwards*. When crisis comes out on legs or body, moderate above, and do not let any cold water touch crisis ; 142, 143, 147, and 139 will be applicable when crisis comes on. *There is never any danger with crisis : a person will never take cold where the crisis is ; nor is it at all possible for the crisis to go into erysipelas :* the only effect of cold to the parts would be to retard the restoration—the treatment would soon bring it out again. *Our crisis never takes place, except from the raised powers of the nutritive organs,* and, therefore, entirely differs from forced counter-irritation, in the form of blisters, setons, &c. : by these, the surgeon hopes to drain out the disease, but it is often a consideration with him whether the patient's constitution can stand this drain ; for, if it is continued too long, inflammatory action ensues, simply from weakness, and, with the disease, the life of the body is drawn away. We must invigorate the powers of the stomach, the liver, &c., before we can get the least crisis ; we can never get crisis so long as the appetite is bad, and the digestive organs inactive ; and, with good action of these organs, a person can bear the discharge, and gain weight under the process. For some time after the cure of varicose veins in the legs, the person should wear dry flannel bandages, or silk stockings (see 147½, Bath list), or washleather, as page 16, and avoid long walks or much standing, to give the renewed veins time to strengthen, as they have been made over again in the process. Elastic stockings, by their pressure on the veins, only cause them to distend in other parts and impede circulation, to the eventual ruin of the patient.

Single women are subject, more especially when there is any womb irritation, or hereditary tendency, to cancerous formations in their breasts ; and, from fear of that dreadful disease, "CANCER," coming, they begin to apply successively, but not successfully, the multifarious ointments, lotions, plaisters, and other local applications to the unfortunate and suspected breast, take the various medicines and herbs prescribed for purifying the blood under this still only suspected disease, and drag out the remainder of their lives sad objects of pain and misery ;

for, by these so-called remedies, diseases are either originated or fearfully aggravated. Now, at the risk of giving offence to many who profess to cure this distressing malady, "cancer," I must speak most faithfully to this class of sufferers, and tell them the danger of all such remedies. To be understood aright, I must inform such, that "impurity of blood" is mostly the cause or foundation of all such diseases; and though sometimes a knock or injury to the breast may be considered the reason of cancer coming, yet, in reality, the previous hereditary tendency to these diseases is the main reason of their occurrence. The only effectual remedy, therefore, either in the way of prevention or cure, is to help Nature to renovate the whole system or constitution, by "pure blood;" and to all plain, reasoning minds it will be easily understood, that this cannot be accomplished by "medicines," which only irritate, or arrest Nature in her wonderful, and often, to the most scientific minds, mysterious processes. Man can never invent compounds in competition with Nature.

Then, as to the local remedies—such as ointments, lotions, plaisters, &c.—applied to the poor breast, it is with feelings of horror to my mind, that I think of the terrible mischief which these so-called curative agents produce, and truly, as regards even the pain caused by such applications, it may be said, "the remedy is worse than the disease." But enough has been said, I hope, by way of warning, against "touching, tasting, or handling" these nostrums, without entering further into their details. But rather, let me ask my reader's especial attention to what is best to be done; and as Nature is crying out for assistance to purify the blood, and thus alone strike the blow at the *root* of the evil, let us perseveringly, as well as resolutely, come to her aid with the following "preventives." Supposing that Nature has just sounded her alarm-cry by some unpleasant sensations in the breast occasionally—such as heat, aching, or throbbing—often experienced by much strong movement of the arms, or general over-exertion of the body, or excitement of the mind, or a slight unnatural swelling felt in any part of the breast, when pressing it, then refer to the general directions given to the "Constitutionally Delicate" (see page 6), with the addition of 64 or 65 every day, so that the breast gets the soothing absorption treatment required, wearing 178 without collar, regularly kept slightly damp

with tepid water, and a piece of damp, soft linen (or wash-leather) on the affected breast, so that the spongio does not touch the part itself. With this treatment, in many cases, the symptoms will entirely disappear, and the health will be renewed ; but, supposing they do not thus yield after a fair trial, and the lump be decidedly apparent on the breast, and painful, then I strongly advise, at this period or stage of the disease, that it should be examined by a clever operating surgeon (I would that these clever men were only appealed to for diagnosis of diseases and necessary surgical operations), to say whether an operation would be advisable ; for, should cancers or tumours be permitted to advance far, then operations are neither useful nor safe. (See article on "Cancer," page 17).

After what I have said before, it is, perhaps, scarcely necessary here to add, do not be persuaded by these medical advisers to try other remedies first. I have known the most painful death caused by drawing ointments, leeches, blisters, iodine, belladonna, &c. If an operation is not thought advisable, then the following directions will be best, for great, yes, very great relief, if a cure should not be granted, is obtained by carrying out this plan. Make a thin linen bag, large enough to cover the breast entirely, and fill it with white bread poultice, steamed or soaked till quite soft, lay it on the breast, underneath the 178 before-mentioned, and keep two poultice bags, so that as soon as one is cool lay on the other ; 58 twice a day would be very useful. Apply also 214 to both arms, so as, if possible, to produce a "crisis" on arms, which will draw away much irritation from the breast ; also wear 163 $\frac{1}{4}$ for same purpose, and, if not felt warm enough, then wear 171 over. The best general treatment will be by varying the *spinal* applications (see Bath list), and also 162 and 161, and 106 ; but 106 must be just tepid, so as to be no shock to the system, and a warm pad must be also kept over the whole chest when giving the spinal applications for the same purpose. Sometimes this dreadful disease attacks the "womb ;" and again, most especially in connection with this tender organ, would I urge upon my reader's notice, that all my previous remarks upon constitutional tendency, the many *professed remedies*, as also the best time to seek for a possible "operation," bear upon this character of the disease with even greater force still, for, from the locality of this disease, those descriptions of

remedies are more terrific, both to the mind and body, and their applications persisted in have produced the still more awful disease, "mania," with the aggravation of the cancer.

The "principles" of the hydropathic remedy are the same as for the breast; but, of course, their mode of application will be different; therefore, again hoping the study of this little Manual will be the means, under God's blessing, of causing the first symptoms to be attended to, I gladly lay down the "preventive treatment," which consists principally in fomentations and sitz baths, viz.: on rising, either 93, 99, 31, or 35, then put on 188, 169, and the "spongio support;" and whenever any heat or inflammatory action is found going on there, apply the crisis linen poultice (as described page 19) inside the spongio-support "*pad.*" Forenoon, 105 $\frac{3}{4}$, and if head is uncomfortable use 130, and mustard foot bath with 105 $\frac{3}{4}$. Afternoon or bed-time, 144; 214, to legs and thighs, to produce a "crisis, if possible, would do much good. Treatment for this disease, when the cancer is permitted to develop itself into an active instead of a passive state—then the 99 or 93 must be given in a lady's sitz, with high legs, so as to save the patient the inconvenience, and often very oppressive feeling, from stooping so low as the general sitz would require. The compresses and bandages the same, but the bread-bag poultice must be constantly applied kept hot; sometimes more *ease* is felt by a flannel bag full of bran, after it has been heated in an oven *dry*; forenoon and afternoon, the same as given in "preventive" treatment; but when much pain, the "bowel pack" 225 or 58 would be better. There is, generally, much coldness at this stage of the disease in the legs and thighs, and they would be best kept warm by thin spongio-piline cases, or the regular sciatica cases (see 195 $\frac{1}{2}$ on list), and use 153 $\frac{1}{2}$ as much as possible to feet. "OVARIAN TUMOURS" must also be treated according to their various stages, in a similar way to these rules laid down for "cancer" in the womb; but when the tumour is of the "dropsy" character, then the best plan is 59 with 137, and holding warm pad to bowels, and having all the fresh air possible by windows and doors being open, as soon as the heat to the body is felt, and keep the head well sponged during 59; and as soon as a good perspiration is produced, then soap the body well with hot suds, and use plenty of 70

deg. water afterwards with sponge and cans, then give good, dry rubbing, as in 19½, or 35 if patient strong enough. Drink as much cold water, also, as possible whilst in 59. If the patient is able to bear two of these baths a day without feeling weak, they will be quite safe and very efficacious; for as long as the fluid is being lessened, and thereby the size of the body decreased, and the general health improved, no fear of the frequency of this sweating need be felt, as Nature is expressing her thankfulness for this valuable agency. The patient should be as much in the open air, between her treatments, as possible, but not to fatigue. Flatulency is a very frequent symptom of this disease, and then 152 will relieve, and the best time to give it is bed-time.

DROPSY, as a disease, wherever it occurs, must be treated—to do it effectually and safely, for the health of every other organ—through the skin, and principally by sweating processes. Select from “Sweating Processes” as follows:—Dry Blanket Pack, Hot Dripping Sheet, Foment Pack, Body and Towel Pack, Hot Sitz. Bath List, 55, 60, 47, 223, 225, 231, 221, 98, 44½, 33, or 35½; 58 to legs, 143. (See also pages 140, 141. Where the patient is difficult to move, the Sweating Pack No. 223 on Bath list is the easiest given, and has been found very efficacious, especially in sciatica and painful neuralgic cases, where the patient cannot bear close packing or moving the limbs, and thus saves much suffering. But the Bath 59, given as stated for “ovarian tumour,” is best. As indigestion is always so painfully felt by dropsical patients, great caution is required concerning diet, which should be taken in small quantities, and very light in quality. The prevailing idea, that liquids should be rigidly avoided as much as possible, is against this disease, instead of in favour of it, as Nature requires a good deal of cold water to be drunk, to assist the functions of the skin in its efforts; but always remember this quantity should be taken whilst artificial heat is being applied to the body, so that sweating may proceed more freely. After each treatment where there has been sweating, it is always safer to recline, as 77. Once or twice a week, or oftener if it can be borne, 115¾ should, without fail, be given, as it is most useful in such cases.

TREATMENT FOR HEMORRHAGE FROM THE LUNGS.—This disease is known when the blood vomited is of a bright red colour. As soon as possible, lay the patient on the bed or couch, on the back, with the head high, and place No. 153½ to feet; wet cold cloths to head, and then squeeze out a towel out of cold water, double it in four, and lay it on bare chest, and also about throat; then lay some dry flannel over towel, and keep renewing the towel out of cold water as often as it feels warm; 143 or 141 would also be useful at same time. The patient should drink frequently of cooling drink (see page 48, receipt), but make it *doubly* strong of acid; keep very quiet. After the above treatment has abated the bleeding, then put on 181, squeezing the calico part out of cold vinegar and water, and renew the calico with cold water whenever warm. Very light diet, and all cold. Next day give 48 and 106, and then continue for awhile, as general treatment, the directions given as follows, till strength is regained.

INCIPIENT CONSUMPTION.—On rising take one of the following, varying as feelings indicate:—10, 13¾, 13½, 22½, 24, 25, 26½, 72, 72½. When feeling pain in the chest use 23 instead of any of the above; if much perspiration use 13½ (as delicate) most frequently; all the forenoon get out in the air as much as possible without fatigue, if not very severe weather; afternoon, when feet and legs cold, use 141, or 143, with 153½, or 156, but when extremities not cold, then attend to 106, but tepid water in bath. When using 156 wipe feet with tepid towel instead of dashing them in cold. Bedtime, sponge whole body over with tepid or cold vinegar and water when not too much fatigued, then keep hot foot bottle to feet in bed, wearing 153 or 195, whichever most agreeable; attend to 212, 77, compresses 180 with 179 behind: compresses should only be damped, if wet will be cold; whenever cough troublesome have 68; in the heat of summer if spongio is too hot, have double flannel compresses instead, or 179; see also to 207, 196, 198, 226. Diet, 210, but the less flesh meat the better; no stimulants, or coffee; milk good, if agrees, and stewed fruit; also Du Barry's Revalenta food, very good, 1 oz. to a pint of milk and water; we prefer the 12lb. canister (22s.) rather than the best; it can be had in small quantities of the grocer or druggist; 117, 120, 125, 127.

HYSTERIA, OR HYSTERICUS.—Immediately undress the patient, and commence hard rubbing with the hand, over the region of the heart, well wetting the head with cold

water, and, as soon as possible, put the person into a shallow bath of 86 deg. water, and well rub the body whilst in, especially round the region of the heart and down the spine; and, if the patient is not too delicate, a can of cold water poured down the spine would be very beneficial. When the violence of the attack is over, then put the patient between blankets on a bed, and apply mustard poultices to the soles of the feet, as 153, and keep the head well packed, and something warm over the bowels—a fomenting can is best. If a shallow bath is not at hand, then let the person sit down in a sitz bath, or large pan, in 86 deg. water, and put the feet into 105 deg. mustard and water, in another vessel at the same time, applying the rubbing and cold water as before directed. Treatment as page 14 for Palpitation also very good.

THE MUMPS, being of an epidemic character of disease, should not be omitted, especially as they principally affect the young, and cause much pain from the locality of the inflammation being on the gland, between the ear and the upper jaw, which affects the swallowing. Treatment for the Mumps:—135 and 58 are the Nos. best to be applied locally to ease the pain and reduce the swelling, &c.; but as there is always general fever accompanying this disease, the more regularly the following is attended to the quicker the constitution will be able to throw off this distressing complaint:—On rising—78½, using 135 and 82 during; instead of the caps as 134, put spongio piline, sprinkled with hot water, on the affected part, and flannel over dressing. Throat as stated in 82 will be found very useful, as the glands, being kept very warm, will find great relief. Forenoon—141, but lay the mustard cloths over the bowels also, and repeat the 135 and 82 as on rising. Afternoon—115½, and use 135 and 82 during 77. If the whole body be very hot, then take 47 occasionally instead of 141 in forenoon, and then omit afternoon treatment. Bedtime—137 and 135 and 82.

MANIA.—I have had a great number of these cases, so peculiar to females. Our most natural treatment has triumphed over nature's derangements, and restored to health of mind and body where all hope was previously abandoned by the patients and their relations. The most gratifying work of my life has been to see such restored to reason and the enjoyment of spiritual life. The number of such the last twenty years are more than I can recollect. (See page 71).

“MANIA.”—As I have alluded to this fearful disease, by showing that it can be brought on by neglect of com-

stitutional requirements for health, or by aggravation of other various diseases, through the application of wrong and hurtful so-called remedies, it will be but right to state the mild hydropathic plans which I have found so successful, under Divine blessing, for this pitiable condition of invalids. Very many such cases have been thus saved from the confinement and misery of "lunatic asylums," and been restored to their relatives and friends, to fill their various positions in society with credit and usefulness, and several as bright and happy Christians, to "adorn the doctrine of God their Saviour."

Before entering into the detail of the treatment, it would be advantageous to my readers to know a few general principles that must be followed out, in connection with it, so as to produce these happy results.

Such cases should be separated entirely from their own relatives, as the patient is apt to dwell morbidly upon topics of conversation upon family matters, which excite the mind; and also the kind sympathy shown by a near relative reacts upon the mind of the sufferer with a very prejudicial influence. These peculiar cases also require to be much studied by those who undertake their management, as regards their various temperaments of mind and dispositions, so that a steady, kind, but firm discipline may be exercised over them, always leaning to the kind and soothing manner, but avoiding everything extreme either way. Long walks, and everything that would fatigue the body, must be strictly guarded against, as, in the above disease, the patient is very apt to take exercise immoderately, and the relatives and friends believe it good for them, not knowing that the thirty-two pair of nerves, from the brain to the bottom of the spine, are thus kept excited, and so prevent recovery. Cheerful occupation, and varied in its character, should, as much as possible, be adopted, so that the time may not hang heavily on their minds. At the same time, all levity or foolish amusements should be strictly abstained from. Sleep should be encouraged at any time, but it must always be natural, or it will not be beneficial.

The patient should never be permitted to be cold, as this will very seriously check the recovery. The head should always be the coolest part of the body, but even this must not be allowed to cool too rapidly, or have any shock of cold, as the reaction will be too strong, and thereby increase the malady.

Diet is also of great importance, as the least disturbance of the stomach reacts with great force upon the brain; and also because, in this disease, there is often a ravenous appetite, or a very morbid one, both requiring the greatest watchfulness.

Though I have so frequently urged upon my reader's notice the danger of "stimulants," yet, as it is so painfully and fearfully resorted to for mania, by medical advisers, and so-called kind friends, I must reiterate its baneful influences, both to body and mind, and earnestly advise the entire disuse of all alcoholic drinks. Cold water alone, as a beverage, is decidedly best under this affliction, as it will be the safest and quickest agent to purify the blood, and it will suit the nervous system best also. Plain, nourishing food, such as named in page 50 in this Manual, and adapting it to the state of each constitution but always remembering that nourishment does not consist in quantity, but in quality: and good digestion will be the best guide in this matter.

One more point for general notice, and then I will proceed to give the necessary treatment, and this is, that no disease requires more time and patience than mania; and, therefore, the relatives and friends should not expect any material or visible change till the following treatment has been strictly adhered to for six, seven, or even twelve months; and, if they will reasonably consider this subject, they would compare the alternative—even a lifetime of misery and expense in a lunatic asylum. (See page 71.)

Hydropathic general remedies, which, of course, require to be varied according to the several cases and periodical changes of each patient:—

Compresses and bandages, also varied according to the heat of the body, &c.—215, 194; 188 or 186, 175, 170, 168, or 165. On rising, 14, 15, 19½, 26, 30, or 31. Forenoon, 48, 112, 115½, 115¾, 122½, or 123, 115¾ very useful. Afternoon, 137, 141, 144, 156, 157, or 161. Bedtime, 78½, 92, 93, 94, 98, or 99. Also 220 (slightly sprinkling the bread with chillies) all over bowels and kidneys, and spongio body bandage all round, or 168½, and also 224 and 153½, and keep in bed, only sponging body with vinegar and water when much perspiring, is very useful treatment. See also Treatment for Sleeplessness, page 158.

"Head" treatment should always be given before the

above, and care should be taken to discover which of the following produce the most soothing and cooling influences :—130, 130½, 131, 131½, 132, or 135.

Many more diseases might be specified, such as rheumatism, fevers of all descriptions, sciatica, tic-douloureux, &c. &c. &c. But as all these are fully entered into by my husband, in his work on “Practical Hydropathy,” I wish to confine myself to that class of diseases and those subjects which are to meet especially the wants of my own sex, in a plain, and, as I have said before, unscientific form, for the advantage of their *private* study.

I shall now proceed to my second division of subject, viz. :

“MARRIED WOMEN,”

and though it is a very delicate point—yes, a most delicate one—yet, to be faithful, I dare not omit a word of strong caution to those, who, soon after they enter upon “marriage life,” and experience a little excitement of their nervous system, causing a few pains and aches, &c., think it necessary to place themselves under what is called a “Ladies’ Doctor,” who almost immediately informs them that a private examination is necessary, and then the unfortunate victim passes through all the “speculum” horrors, which my readers may see fully spoken of in the “Accoucheur,” and the “Speculum ;” * and the results most frequently are, and especially where the minds are sensitive and delicate, “shattered nervous system,” and its consequent hypochondriacal state of mind, and very often I have heard this class of sufferers say, that the very symptoms which led them first to place themselves under the doctor’s hands, had increased tenfold ; indeed, I could narrate very many pitiful tales of woe, which have been unfolded to my ear, from these sadly too numerous patients, but one shall suffice, as I would rather give the space in this little Manual to the needed remedies. The lady I allude to was a patient under one of these so-called “Ladies’ Doctors,” and one of the most noted of that class. After submitting to the “speculum, caustic,” &c. &c., he said it was necessary to subject her to another operation, so as to be sure that the

* “Accoucheur,” by a Student. Caudwell, 335, Strand, London.
 “Speculum,” by a Fellow of the Royal College of Surgeons. London:
 Bosworth and Harrison.

womb was in a healthy state : this was performed by a piece of sponge being attached to the instrument used, and thus inserted into the womb, where he left it for some time. Of course the sponge swelled, and the lady was exceedingly uncomfortable, and on the removal of the instrument she had a dreadful hysterical fit ; and from that time to the present, which is some years, she has been a continual sufferer from fits, and I fear will be to her dying day.

Since I commenced the revision of this Manual, the following case, out of the *British Medical Journal*, has come under my notice ; and as it speaks loudly on the same subject, I quote it in full :—

“E. B., aged 15, the daughter of a tailor in very poor circumstances, a pleasant-looking girl, and apparently of a very affectionate disposition, became a patient of mine when I was attached to the St. Pancras Royal General Dispensary. She complained of back-ache, but chiefly of severe abdominal pain, extending to the epigastric and hypochondriac regions, and of more or less sickness. She was very weak, and obliged to keep her bed, and had been so afflicted for several weeks. The catamenia were somewhat scanty. She had been under the care of several practitioners for a supposed abdominal disease, but had received no benefit. As her functions were well performed, and there was no emaciation greater than could be explained by the circumstances in which she was placed ; as her breasts were large and full, and, if I mistake not, exuded occasionally a drop or two of serum, I felt sure the irritation was chiefly uterine. The uterus was accordingly found tender on percussion through the abdominal parietes over the hypogastrium. The examination by the touch revealed the existence of leucorrhœa to a large extent, and the vagina appeared unusually developed for a girl of her age. The uterus was large ; the cervix painful on touch ; the parts generally hot and painful. The discharge was glutinous, and evolved a strong smegmatous odour. She was freely purged, and given alteratives and refrigerants ; in fact, treated generally for weeks, but with little advantage. At her own and her parents' request, I had her removed to the Samaritan Free Hospital ; and here, at their desire also, she was again, but more carefully, locally examined. The same symptoms before described were present ; but, in addition, the os was found small, the uterus congested. The introduction of the sound, especially as it reached

the fundus, was accompanied with great local pain and an exacerbation of the abdominal symptoms before alluded to. The withdrawal of the sound was accompanied with a bloody ichorous discharge. Local depletion by leeches, &c., was now employed. The lining uterine membrane was scarified by the double hysterotome which I now show you. The case, however, progressed but slowly; she was one day better, and one day worse. With a view of diminishing the uterine volume, and of giving a free exit to all discharges (a measure often attended with great benefit in endometritis, as I shall have to tell you by-and-by), a sponge-tent of small size was introduced, and pushed fully up. The result, however, was very different from what we had expected. *In the course of a few hours she became almost maniacal*; complained of great pain in the region of the uterus; and soon became, apparently, unaware of what was doing around her, wishing to get out of bed, and rush out of the wards undressed. There was no sleep for the nurses or neighbouring patients that night, although the sponge-tent was removed the moment these symptoms supervened, and opium was freely given to quiet her. In three or four hours the symptoms changed. She now sat up in bed, moving her head from side to side. The facies became eminently hysterical, with a *risus sardonicus* continually upon it; and she appeared unconscious, noticing in no way the remarks made to her. The character of the case was, however, now manifest. Under these circumstances, I put into practice an expedient which I do not believe has been elsewhere described. I call it 'counter-irritation by concussion of the spine.' It consists in forcibly and jerkingly striking over the dorsal region of the spine with the open palm. After the third or fourth infliction, recovery to consciousness invariably occurs in a somewhat ridiculous manner, because so suddenly and completely. I do not know if others ever adopt this method, but it is very effective.

"In another case in which the uterine cavity was inflamed, and in which, I understand, a sponge-tent was introduced by an eminent practitioner, epileptiform convulsions resulted, and continued for hours, until the tent was removed. The epilepsy in a case of mine appeared to be due to this cause."—*British Medical Journal*, March 1, 1862.

I leave the reader to judge whether my strong

caution be not necessary, and most sincerely do I hope it will "prevent" all who read it ever placing themselves under the hands of these examining doctors. Most frequently those little derangements of the nervous system after marriage are only indications from Nature's voice that the womb requires *rest*, and all will be well. But with this necessary rest, my readers must remember the best agent for Dr. Nature is the mild hydropathic plans, sitz baths, &c. ; and, indeed, those who have strictly adhered to these plans rarely experience the sensations above referred to ; therefore, I again bring to general notice, in the first place, the "preventive treatment," earnestly hoping it may save many from ever needing the "curative" processes.

Avoid everything, either just before or just after marriage, either in walking, riding, eating, or drinking (or any exercise), which will overheat the body, or cause fatigue, and strictly follow out these baths. On rising, 96 from 70 deg. to 98 deg. according to the time of the year and feelings of the bather ; bed-time, 115 or 92 ; and once or twice a week take either 99, 55, 52, or $13\frac{1}{2}$, according to the strength of the constitution. If from the neglect of the above, or from other causes, the health should become deranged (and pregnancy not the cause), then adopt the "*rest*" before-mentioned ; but do not lie on the back, as so often told to do by the doctors, but endeavour, as much as possible, to lie on the right side, with the left leg a little drawn up. A drive out, for those who are able to procure one, should not be omitted each day, and the bathing applications as follows :—Wearing, 166 and 186 ; on rising, 123, using a warm pad to chest during, and also attending to 128 both before and after the 123 ; alternate this with 20 ; or $13\frac{1}{4}$ with 14 after ; through the day 106 ; and if any pain or stiffness is felt in thighs, legs, or back, then adopt either 144 143, or 141. 119 $\frac{1}{2}$ better than 106.

DIRECTIONS FOR BEARING DOWN OF THE WOMB.—Attend to the constant use of the "support" (see page 8), and if bad, use the "sponge" in support as directed on page 10, and also wear a swansdown body bandage made to fit to the body nicely, and sprinkle it occasionally when hot and feverish, or when bowels confined, and then if cold wear a dry flannel over it, or procure a bandage, made with elastic, from Mrs. Noble, 42 and 43, Hare Street, Woolwich, which will support the body much better, and

keep it down well with the support. When ordering one, please send these three measures, viz., size round the waist, round the lowest part of body, and round the centre of body. The regular "treatment" for above weakness, see Home Treatment, alphabetical letter C.

Should "PREGNANCY" commence, the best treatment for the general health at this time is to have, on rising, a shallow bath from 86 deg. to cold, according to the strength of the patient. Ladies' sitz bath from three to ten minutes two or three times during the day, also varying from 86 deg. to cold, to suit the feelings; and a quick sponging over the whole body at bed-time. Also, wear the wet body bandage 163 regularly, or as much as can be done comfortably, being always careful to renew it with fresh water several times a day. If, from delicacy of constitution, the whole of this treatment cannot be taken, then adopt part; and have 132 and 158, which will be very advantageous and refreshing. Also apply cold cloths to the thighs for five minutes at a time, putting dry flannel over them. Oftentimes packing the thighs with strips of calico, wrung out of cold water, and covered with mackintosh and flannel, will be found very useful where there is great heat in the region of the womb; but a great deal depends, during the whole of pregnancy, upon the person taking great care in *diet*, taking water as the *only* liquid, and brown bread, vegetables, farinaceous puddings, and milk, for the principal food. Better with little or no flesh meat.

MISCARRIAGE.—As there are so many who suffer from this, and some who are brought into a bad state of health for the remainder of their lives through wrong treatment at the time, I wish to show, clearly and simply, first, how to "prevent," as well as how to act, should it be allowed to occur. My thoughtful readers will, I am sure, understand my meaning when I ask them to observe the "rest" I name in pages 28, 29; for when pregnancy has commenced, especially in delicate constitutions, this "rest," and the "treatment," page 29, will, except in a few peculiar cases, entirely prevent miscarriage; but should the above be disregarded, and the event take place, the following treatment must be strictly followed out: On the first symptom or sign immediately attend to page 10 (see upper part) *in bed*. If legs painful, 214 on each would be advisable, and 195, and renew all these when felt hot or uncomfortable.

Should the flooding be strong, the 10, 11, 13, 14 treatment must be resorted to, and water sago given, *nearly* cold, a teaspoonful of brandy put into a teacupful of the sago; and here I would most distinctly and faithfully warn all my readers upon the dangerous use of stimulants, except taken in food, as above, and in that small quantity, for it acts so rapidly as liquid in the blood, that it causes much greater excess of discharge, and brings feverishness, which, again, tells badly for the poor womb, and so the whole system is kept upon the rack, and oftentimes, as I have said before, causes a lifetime of weakness. After the above treatments have caused the contraction the womb requires, and the discharge stopped or much abated, still continue the sponging, as page 30, but only three times a day, and so need not keep in bed altogether; and as the patient recovers her strength sufficiently, get gradually into the treatment as letter C or LAMED. (See pages 354 and 357.)

Mothers should be reminded and warned that whatever circulates through their own veins—whether medicine, wines, spirits, beer, condiments, or rich diet—also circulates through the unborn infant, and has precisely the same injurious effect upon it; and also, whatever distresses or deranges their own nervous system, stamps the same impression upon the child. The melancholy consequences are, that many are irretrievably ruined, body and mind, before they see the light.* (See page 71.)

In several cases, also, the following treatment for pregnancy has answered well:—On rising, 96, 80 deg., and using a little soap with it; but if any chill is felt, then 95½, 80 deg., will suit better than 96; forenoon, 80 deg. “ladies’ sitz” five minutes, and 130 if head is hot. After dinner undress, go to bed, and sleep, if possible, for an hour or two; then repeat the rising treatment: this will prevent that extreme lassitude felt in the evening. Bed-time, only renew the compresses, and take as “forenoon treatment,” except when requiring 78, or 78½, or 152.

CASE OF PREGNANCY AND CONFINEMENT.—The treatment, according to preceding directions, was attended to during pregnancy, up to the day of confinement, when all went on well. Body bandage, according to list, No. 163, but well wrung out of hot water, was used to bind the

* Dr. Maudsley, “Body and Mind, and the Physiology of the Mind.” Churchill, London.

body (*instead of usual wrappers*). This kept the body cool, and also much alleviated the tenderness. (*Flannel can be worn over this bandage, when not found warm enough.*) Cold wet head bandage was applied, frequently renewed, which prevented faintness of feeling; and the hands frequently washed with tepid water, which is reviving. When much flooding, then cold sponges frequently renewed to parts, and damp cold cloths to thighs. Night and morning, sponge the *whole body* over with tepid water, with as little fatigue to the person as possible, doing upper part first, as in No. 26½ in list; and as soon as patient could be moved, which was in two days, gave a tepid two minutes' sitz in ladies' running sitz, made with *high legs*, so that the fatigue of stooping low might be avoided, always taking care that the head bandage was renewed before getting up, and also putting a small flannel pad in the bottom of the sitz bath. Repeated the above sitz night and morning, *after* the tepid sponging, till fifth day, when the patient was enabled to sit up in easy chair, and took the sitz No. 106 two minutes every two hours, which soon enabled her to walk about with ease, and stopped all discharge. The breasts were carefully drawn, whenever swelled or uncomfortable. Manipulation, at first, to breasts also found very useful, it being the first child; but this latter method is seldom needed afterwards. Diet, gruel the first day, and then Scotch oatmeal porridge, beef-tea, and weak black tea, and bread and butter and stewed pears, or ripe grapes. The bowels were rather obstinate at first, but having been freely emptied through the pressure of labour pains, a week or ten days passed without any uncomfortable feeling, and then Nature relieved herself. (I mention this, as medical men are often so anxious to have the bowels moved, that the poor patient has to swallow castor oil for this purpose, which does sad mischief to the bowels, takes away the mother's appetite, and greatly disturbs the child, and tends to constipation afterwards, and in one case brought on piles.) The child was *quickly* sponged with *warm* water night and morning, and a piece of new soft flannel worn regularly round the bowels, but not put on *tight*, and *nothing given but mother's milk*. In cases where there is no milk, then give simple *new* milk and water, with a very *little* sugar. It is safer for children to wear caps the *first* month.

This brings me to the subject of "*Delivery*." I wish especially to notice here that, in all general "accouche-

ment" cases, no doctor need be present. If any alarm is felt, either by the person herself or any near relative or friend, then a doctor might be in the house, ready to be called in should any danger unforeseen occur; but if a sensible, experienced midwife was in attendance, I again say, the majority of cases do not require a medical man; and I feel sure that most of my readers who have to pass through this ordeal would be greatly relieved in their minds by not being subjected to the presence of a doctor, and that useful class of persons, the "midwives," would, by this plan, be led to feel their responsibilities greater, and so would become better educated for the important duties of their office; and thereby this system, properly carried out, would avert many dangers both to the bodies and minds of a vast number of our fellow-creatures, and many an infant spared being placed in an early grave by the too frequent, hasty hand of an impatient doctor with his horrible instruments. I have now a midwife close to the establishment, fully experienced and qualified for her office. All the confinements at our establishment have been very successful.

Also notice the following:—"The Matron of the Lying-in Hospital, 102, City Road, London, begs to acknowledge the receipt of Mrs. Smedley's letter. With respect to female practice, there can be no doubt it is in the proper hands, it being so seldom necessary to call in the assistance of a surgeon. I can speak from experience, having been matron and midwife in this institution forty-seven years, where between five and six hundred cases occur in each year, without finding it necessary to call in the assistance of a surgeon more than two or three times in the year."

Several cases, in which natural delivery had been pronounced impossible by high medical authority, have, by our hydropathic treatment, been carried through with perfect success to both mother and child, and with no more than the ordinary amount of suffering; and in two cases, in previous pregnancies, the child had been extracted piecemeal at seven months.

As regards the hydropathic treatment for the time of "labour," nothing is required, in all general cases, if the "pregnancy" treatment is followed strictly; but where there has been neglect of those means, or where there is any extraordinary pains in "labour," I recommend the following:—

TREATMENT FOR LABOUR.—If any *contraction* or *spasm*, then immediately *foment* the part. If the whole body seems cramped, then have a gentle *vapour*, according to Bath list, No. 52 (I have given the vapour with great advantage). If no evacuation has taken place from the bowels a short time before labour-pain commences, then take an enema of warm water, and afterwards sit in 86 deg. sitz for a few minutes. If relief of water has been insufficient, then sit in 86 deg. to 90 deg. sitz, and be well rubbed over the bowels while in; but keep the blanket well over the body, to prevent cold. If the bowels are in pain, have them frequently rubbed with cold damp towels, or cloths squeezed out of laudanum laid on affected part; but the rubbing should be as hard as can be borne. If any pain in the head, have the spine well rubbed with hand and cold water, and keep mustard poultices to feet, as 153 or 153½.

Great attention should be paid to hydropathy after “delivery,” not only as a “preventive” from all subsequent fever, &c., but also as a quick restorative to the wonted health of the mother, and also for the continued health of the child.

TREATMENT FOR THE MOTHER.—Immediately after delivery, put on a broad calico body bandage, wrung out of hot water (well squeezing all the water out), and put a dry flannel body bandage over the calico one. The calico one should be double thickness, two yards long, and about fourteen inches broad, with broad tape strings. There should be only just enough of this bandage to go round the body once, squeezed out of the hot water, and the rest of the length must go round dry over the damp part. We also make this bandage of swansdown calico with plaits to fit the body. The advantages of this bandage, instead of the usual dry one generally applied, are that it relieves the usual pains and tenderness of the bowels and back, causes the bowels to move gently, draws out the heat and fever of the system after the necessary internal excitement of child-birth, and also does wonders in soothing the nervous system; but to effect all this, there should be two or three body-bandages of this sort made so as to frequently renew them, and in doing so care should be taken to keep the air from the bowels, and the bandage that is taken off should be immediately put into water to soak, and be well washed out before again required; the wet skull cap (see 215) should also be kept on,

and frequently renewed with cold water, and hot tin or bottle, or $153\frac{1}{2}$ kept to feet. This treatment is all that can be borne the first day, on account of debility; but should the person be strong enough to bear the $13\frac{1}{2}$ done as stated for delicate patients, it would advance the recovery and give general relief to the whole system. The day after, or as soon as the person feels able, then give shallow bath in the following way: 86 to 90 deg. the heat of water, and have some soap-suds in the water; lay a large flannel pad in the bottom of bath, so that it may be soft to rest upon, and have another pad squeezed out of warmer water to lay on back of bath to lean against, also one to lay upon the chest for awhile upon first being put into the water, so as to avoid all shock, and have the head-cap renewed out of cold water before going in; then, whilst in, have two persons to rub the whole body, especially the legs and thighs. This wash will be found most grateful to the tender frame; if at all faint, to be taken out quickly, but if not, then remain in for four or five minutes, but keep up the *rubbing all the time*; then have a good warm, dry blanket, spread upon the bed, and a hot brick or foot-tin for feet, and well wrap up in blanket, and give a good rub *over the blanket*, but not long enough to fatigue. Then put on body bandage as before described, and night-dress, and wrap the legs in strips of new flannel, and put into bed again; and the result generally is a good long sleep.

As long as the person remains in bed regularly, the above bath may be safely, and to great advantage, given every day; if a shallow bath cannot be obtained, then give the wash in same degree and with pads, &c., as described—in general sitz bath—the only difference will be, the feet must be put into soap-suds the same heat, and a blanket spread over the legs; and the attendant must put her hands underneath the blanket, and thus wash the legs and thighs. The above treatment will be felt a great luxury when much perspiration is upon the body, and the benefits of the bath will be greater at that time, so there is no cause for fear—for *much of the after weakness of child-birth is produced by these continued perspirations being permitted to remain on the body*; therefore it will be quickly seen that the sooner the person is able to leave her bed, the better; and when thus able, the treatment should be—on rising and bedtime, $22\frac{1}{2}$, 86 deg.; and two or three times

a week repeat the shallow bath, or sitz, as above, instead of $22\frac{1}{2}$.

Great comfort will also be obtained—as well as greater facility for walking about—by attending regularly, several times a day, to $105\frac{1}{2}$, for two or three minutes at a time. If head is at all affected before or after delivery, use either of the following: 130, $130\frac{1}{2}$, $131\frac{1}{2}$, or 132. I should also, under those circumstances, recommend strongly the constant use of $153\frac{1}{2}$.

If the breasts are painful, or any part of bowels, then apply the bread-bag poultice immediately to the affected part—renewing the poultice when *at all* cool, and when renewing it, rub the affected part with the hand and a little glycerine, or cold water. This treatment will entirely prevent gathered breasts; but if from any neglect the breast should gather, the “Poultice Treatment”—see more full particulars on “Cancer on the Breast,” page 17—will be the best that can be done; if from neglect of the whole of these hydropathic plans, “floodings” should commence, then adopt the treatment for “flooding” given in article on “Excessive Menstruation” (see page 10); or should milk fever, from the same cause of neglect of hydropathy, set in, then give treatment as shown in following case:—

MILK FEVER.—We were called in to the case of the wife of a labourer, aged about twenty-four, who was in a raving state of madness from this complaint; it required several strong persons to prevent her injuring herself or them. During a rather lucid interval, a vapour bath was given, with legs in hot mustard bath, and cold cloth over the head, and a hot pad to stomach; some relief was instantly felt. After being in the vapour fifteen minutes, she was sponged over with sponge partly wrung out of water, nearly cold; a wet body bandage was put on, mustard plaisters to the soles of the feet, and dry woollen socks over (see 153), the legs and arms packed with strips of wet calico, with dry over, and dry flannel over all; in four hours this was repeated. She got some rest by having a hot fomenting can applied over her bowels. Next morning, wet pack for an hour (see No. 38), and again in the afternoon. This treatment repeated, she had no relapse from the first application, but soon got entirely well, and had abundance of milk. Hydropathic practice in these cases is unrivalled. We have heard of a similar case a short distance off, which was entirely lost

by the medical attendants not being able to cause perspiration. Unfortunately for Allopathic practitioners, they have to begin by *sicken*ing the stomach with their drugs before they can get their compounds into the blood ; and when the stomach will not act, they are fast, and the case is hopeless. By our *instant application to the skin*, with its seven or eight millions of pores, we purge the system, and not only do not sicken the stomach, but we draw away morbid matter from it, and relieve it. These vapour baths were given with merely a can of boiling water, and a hot brick put in, the patient sitting on a chair, enveloped in blankets, and the can put under the chair. (See also "Stomach Disease Diet," page 74.)

A few general remarks on diet are necessary, as, after "delivery," danger is often created by inattention to this point. Those who adopt the hydropathic rules laid down in these articles, may have, and should have, after the first day's gruel, "good diet." I do not mean what the doctors call "good diet," such as mutton chops three times a day, and bitter beer, &c. ; but I mean such as the following : boiled milk and bread for breakfast and tea, where milk suits the constitution, and if not suitable constitutionally, then Scotch oatmeal with a little crushed sugar over it, or salt, or a light-boiled egg, with weak black tea and bread and butter. Dinner—game, chicken, or fish, with a little vegetable, and then some light farinaceous pudding, with stewed fruits ; also attend to 212, and nothing but water to drink at other times. I also feel anxious to impress upon mothers the necessity of hydropathic treatment for children ; and this brings me to my third and last division :

"CHILDREN OF ALL AGES."

The necessity and convenience of having regular periods of the day to suckle or feed the child is of great importance. Three hours between each feeding time is the best division ; and it will be felt to be a great help both to the mother and child, as the former will be able to manage her own domestic affairs with greater ease and method, and the latter will be more healthy, as digestion will proceed far better, and the flatulency which causes pain in the bowels, and consequently, fretting and crying, will be much less ; and the sickness which is caused by over-feeding, or letting it take food whilst under the

above pain, to stop its crying, will be avoided. I must not omit to add here the danger of mothers suckling their children too long, as so many cases of broken-up constitutions come under my notice from this cause. Nine months is the longest time that the babe should be suckled, and delicate mothers should not suckle longer than six or seven months. A few words here on the simplest method of *Weaning* may prove useful to both mother and child, for the danger alluded to above, often occurs from the dread the mother has of her child being fretful for want of the breast; and sometimes, when the child is teething, the mother thinks that it is a shame to take away the breast from it whilst it goes through that suffering. Now the following plan meets both these difficulties, and secures health to both :—

Directions for “Weaning.”—Directly after the child has emptied the breasts, put on No. 183, squeezing it as directed, out of *cold* water, or vinegar and water, and as soon as it becomes warm renew it again out of cold water. Keep thus renewing it for about five or ten minutes; then wait till the breast is required again by the child, and then repeat the above; and so on each time. By this means the milk is gradually reduced in quantity, and thus the child weans itself, for it no longer cares for the breast, and receives the food contentedly. If from any cause the child cannot be supported by the “mother’s milk,” which, I scarcely need add, should always, when possible, be the nourishment given, then the “food,” as pages 32, 33, is the next best, and as it grows, and seems to require more support, then fill a teacup full of best white flour, and tie it up quite tightly in a cloth, and boil it for four or five hours; when turned out it will be a hard ball (dipping the cup into cold water before the flour is put into it will make it turn out better); then with fine grater grate up this flour ball, and mix about a teaspoonful in a small quantity of the *cold* milk and water till it is quite soft, and boil it gently in the milk and water you are putting into the “bottle,” stirring it well all the time.

When the child grows tired of the “bottle” and food as above, then give it either of the following with the spoon :—Sago boiled down to a jelly and a few bread crumbs put into it, when thus boiled, and a little cream; or chicken broth, made in same way, but given without the cream, only the bread crumbs; or, pour boiling

water on "rusks" till well softened, and then add a little cream.

The treatment of infants hydropathically has next to be brought before the mother's notice, and though they may seem trifling remarks to a careless mother, yet those who are really anxious for the *comfort* as well as health of their children, will do well to consider and practise them.* Immediately the child is born great attention is required at the "navel," because, after the usual necessities for delivery are attended to, there must be more or less inflammatory action there; therefore, the best way is to take a small piece of soft linen, and *singe* it brown; lay the piece of umbilical cord which hangs on the navel straight on the linen, and double the linen over the cord; leave enough linen to fold over the end of cord, and, after turning the whole back upon the navel, lay a small "pad," made of two or three thicknesses of old fine linen, squeezed out of tepid water, on the top; bind a piece of fine new flannel over it and round the child's body, but not too tightly; this will save all danger of a tender navel, and also nourish the child's bowels, and thus save it from stomach-ache. Two or three of the above small linen pads should be made, so as to place a fresh one there each time the child is undressed.

The best regular daily TREATMENT FOR INFANTS is on rising and at bed-time; wash the child well with soap-suds before a fire whilst lying on flannel, spread on nurse's lap, and then sponge it with 86 deg. water. Every time the "napkin" is changed during the day, or at all events frequently during the day, the private parts should be washed with suds and water, as above, which will keep the child cool and healthy. If the bowels become constipated, then put a little body-bandage on, as 163 $\frac{1}{4}$, made proportionately to the size of child, underneath the flannel body-bandage at night, and this will generally suffice. If any feverishness at any time, then 64 is the best number. Castor oil, or any aperient, is ruin to the infant, and will never produce healthy action.

ACCOUCHEMENTS.—I have had many under my care at the establishment, and under my bath-women at their homes, and in every case a perfect success. Some have come not expecting to get through, but have done so with care, without any medicine or surgical help. Mrs. M—, Matlock, had a seven months' child cut away by the surgeon, and told she could never have a safe

* See also article on naked arms, page 51.

delivery. When pregnant again she came to me, and under our treatment we easily delivered her of a fine child, and afterwards she had four more, all well and healthy. The wife of a merchant, a tall fine woman, had a seven months' child taken from her in a similar way in London, and a similar verdict given by her doctors. This lady came for the establishment of her health, with her husband, became pregnant, and was easily delivered of a fine son, and since has had six children born without any difficulty. A regular mode of life, absence of stimulants and medicine of any kind, and our life-giving treatment puts the frame into a natural condition. The treatment for delivery, as stated in this book, relaxes the muscles, and it astonishes the mother to see and feel how quickly she gets over a confinement. Diuretics to act on the kidneys, and aperients for the bowels, are constantly given by the doctors, when, if the mother had an abdominal bandage and sitz baths, and if, when near her time, reclined as much as possible, the pressure would be taken off the bladder, colon, and rectum, which is a frequent cause of retention of urine and constipation. It should be borne in mind that any medicine or stimulants the mother takes quickly circulate through the body of the infant, and many thousands have ruined constitutions before birth.

I have had cases forty years of age, first pregnancy, pronounced in great danger, but they have been delivered under our natural treatment without any extraordinary suffering. The wife of a London merchant, said to be in a consumption, pregnant, was brought to me as a last hope. She was confined in the establishment; her health thoroughly established; came again two years after, and was delivered of another, and now the family numbers eleven.

It is only when caustic has been used much, or injections or pessaries, where the difficulty is; and it is sad for me to hear how recklessly and generally these things are used, resulting mostly in barrenness or miscarriages—in vast numbers of cases, in tumours and cancer. Doctors should caution ladies, especially when young, against violent exercise, which often brings on inflammation of the womb. Caustic is almost universally used, and very often consequent disappointment of family, and often laying the foundation of cancers.

TUMOURS.—I have had many cases of internal tumour in various parts come to me in despair of life, and with our fomentations, poultices, &c., have dispersed them. Only in two or three cases, where the doctor's operations of blisters, iodine, &c., have we failed to restore.

TREATMENT FOR A YOUNG BABY WHEN IT HAS TAKEN COLD AND IS A LITTLE FEVERISH.—Before dressing it in the morning, have a small blanket, or large piece of double flannel, slightly squeezed out of hot soap suds, laid over a piece of mackintosh, either on the bed or on the nurse's lap; lay the child on naked, and wrap the blanket or flannel round it; then rub the child well in it for a minute or two over the blanket; have another blanket dry and warmed by the fire to roll it in, and rub it in that till it is quite dry and warm; then put 180,

without collar, on the child, with single flannel binder over the 180, over bowels, all dry. If no spongio at hand, put new flannel, doubled in four thicknesses, down the whole front of the child. Twice in the day put the child's legs into 137 for five minutes, and whilst in, use 130; do not undress the child for this 137. Bed-time have a "flannel foment pad" large enough to cover the whole chest and bowels, squeeze it out of hot water, wringing all the water out of it by placing it in a towel, two persons twisting the towel, one at each end; place this pad underneath the compress and bandage; let it stay all night; if feet are cold, repeat the "day" treatment as above. Children are far better without that common and dangerous practice of "rocking," and, indeed, if they are not accustomed to it, there will be found no need for it at any time.

Tooth Fever.—The first thing in the morning, rub the child all over with a wet towel, and dry, according to directions given in No. 22; the water must be about new milk warm. Eleven o'clock, put the child in a pack, as directed on page 47; or at night put it into a tub of hot water, as hot as it can bear, till it gently sweats, and then give $22\frac{1}{2}$ (delicate children should never be put into a whole bath, as the reaction will not be good). Put on the chest compress and body bandage for sleeping in, and a wet bandage also round the child's head. Continue this treatment till the fever has subsided, and then only give the wet and dry towel. In teething, rubbing the gums as directed in "*Thrush*" (see p. 49) would be very useful and soothing.

Inflammation in the Chest.—Foment the chest half-an-hour; then put the child in a "pack" (see page 47) for half-an-hour; then wipe the body over with a wet towel as No. $22\frac{1}{2}$; after which, put on a chest compress and body bandage (see 177 and $163\frac{1}{4}$, or 180). Four hours after this, foment again, and rub the child over with a wet towel, replacing the wet compress, and at night use hot bath as previously stated in "Fever Cases," or, if child delicate, only "foment." Continue this treatment till the child can breathe freely, and then slacken the number of baths by giving only the pack, and applying the fomentation at night. (226 also very useful *each* night. $115\frac{3}{4}$ once or twice a day very efficacious, but use more meal than mustard for the plaisters.) (See also page 117.)

Part of this treatment was applied to a child near our

residence, who was only a few weeks old, and a perfect cure effected, after the child was given up. Many more cases might be given.

For weak spines, the constant use of the wet compress (see 188 or 186) would be found very advantageous, and also sitz bath, as 115 (see article on "Children's Sitz," page 50).

THE CROUP.—Directly the symptom is discovered, let the child's feet be put into hot water or hot mustard and water; undress it, and apply a hot pad to the chest; when this is done, then get ready a hot bath for it, put the child in quite up to the chin, just supporting the head, and keeping the head wet with cold water (or putting a cold cloth round it); well rub the child with the hand whilst in the bath, especially the chest; and as soon as it begins to perspire, then take it out, and sponge it quickly down with some water, 80 deg., as 14; then put it into a warm blanket and foment the chest, and put a mustard poultice on the soles of the feet, or 153½. Repeat the above, if the attack does not go off quickly; and after the attack, let the child wear a spongopiline chest compress regularly for a month or two, keeping it damp at times with hot water (68 on list also useful).

MEASLES.—As soon as the child appears sickening for this disease, or any other skin eruption common to children, immediately put it into a pack (see article on "Scarlet Fever," page 47), and give it two packs a day, morning and night, till the whole body is fully covered with the rash; then stop packing altogether, and do nothing but wash the body with tepid water, twice a day, morning and night, and oftener if the rash is very irritable. Keep the child warm, but not hot; keep it quiet, and do not give it much food, but as much cold water as it likes to drink.

WHOOPIING COUGH.—The first thing in the morning, foment the chest for a quarter of an hour, then put the child in a wet pack, making this difference to the general pack, viz.: first wrap the feet and legs from above the knee in flannel, then take a towel, only large enough to go down the front of the body from the neck to the flannel's edge, wring it out of hot water, and then proceed as page 47. After the sponging over the body, put on a chest compress, made of spongopiline, or 177, and a body bandage, calico and oil silk, squeezed well out of hot water, and wear these regu-

larly night and day. Afternoon, give a mustard and water foot bath, 86 deg., or comfortably warm, for a quarter of an hour, and well rub the feet dry with a warm dry hand, and put on woollen socks. Bed-time, give a hot bath, as stated in "*Croup*," or if delicate 68 with 153½ during, and renew the chest and body bandage with hot water, and put a mustard poultice on the soles of the feet, to be worn all night, if possible, or 153½.

CHILBLAINS.—If not broken, put the parts affected into as hot water as can be borne, and raise the heat when in, for two or three minutes, till the parts are very hot ; then put them immediately into another vessel of cold water, just one minute, then rub them dry and warm with the dry hand, and the soles of the feet with a few *chillies*. Let this be done whenever itching is felt, and a cure will soon be effected. But if broken, then apply the process as directed in article upon Burns and Scalds (see page 51).

SMALL-POX, like scarlet fever, or measles, is an effort of Nature to rid the body of irritant matter. We never lose a case by our treatment, providing purgatives and other drugs have not been used previously. Purgatives in such cases, is almost certain death.

TREATMENT FOR SMALL-POX IN CHILDREN.—As soon as there is any appearance of the eruption, give wet pack as page 47 :—with towel wrung out of water 90 deg., three quarters of an hour night and morning, or as often as the fever rises ; after pack, give the child a towel rubbing, at 80 deg., and put on wet body bandage No. 163¼ or 166 ; continue daily packing until the eruption is fully out, then only sponge the body night and morning, with water 80 deg. If fever should recur again, go on packing. This will carry the case through, giving barley water, or cooling drink, as receipt in this book (page 48), or arrow-root ; no flesh meat.

TREATMENT FOR SMALL-POX IN ADULTS.—Soon as any appearance of eruption, give 47, Bath list ; afterwards hot sponge over ; take care not to expose the body to chill ; no water under 90 degrees, till convalescent. This pack is good to begin with, and, occasionally, if fever rises high, repeat it. After this, put on 163, with 174 or 220 under it, over the stomach, and if not warm, 172 over all. In case of strong adults, 59 good to bring out the eruption. The principal point to aim at is to get out the eruption fully, and then using the above 47 or 52, when the eruption will shell off ; take care not to get a chill, and mind diet.

When face much attacked in this disease, be careful to keep on a wash-leather mask, damped with warm water, and renewed frequently. This will prevent irritation, and thus save the rubbing, which causes marks. And if the above is not sufficient to do this, then steam the face over boiling water for a short time before renewing the mask. No stimulants or medicine of any kind; castor-oil or any purgatives ruinous. Patient will soon be well; but if the eruption is not brought fully out, and care taken not to drive it in, ill effects will follow, as weakness of the eyes, deafness, &c.

OUR NURSE'S ACCOUNT OF A CASE OF SMALL-POX.

On the 22nd of December I was at S—— P——, having returned a few days previously with Mrs. ——, who had been somewhere at Mr. Smedley's Hydropathic Establishment. The upper housemaid complained of being very poorly, and was sick and feverish. The family doctor said she was subject to the attacks, as she had an internal complaint; I felt sure that she was sickening either for fever or small-pox, and told Mrs. —— so. On Christmas Day I felt convinced it was the latter, and early on the 26th I gave her a full pack; the doctor came and examined her, and then went down to Mrs. ——. I said to him, "Now, sir, what do you say it is?" "Oh, sickness, attended with fever." "And what about the eruption, sir?" "Oh, that arises from the state of the stomach, and is owing to the complaint from which she suffers." "Now, doctor," said I, "will you please to come back with me, and pass your hand over her leg, and you will find that the spots are filled with matter underneath, and I say it is small-pox." The doctor returned, re-examined the girl, and said, "You are right, it is small-pox, and I fear a bad case." He then asked me if I was afraid to undertake it. "Not a bit of it, sir," I said. On Wednesday I gave her another pack, and made a mask of water-dressing for her face, which I kept damp with tepid water; changed her clothing, ventilated the room well, and purified it and the linen with sulphur fumes—this I did daily. On Thursday you could not put a pin's head down clear of the pox. On Friday she was blind; still, she was nicely from fever, and on the improve in many respects. The doctor saw her and said, "She will be worse again; the fever is sure to return." I replied, "Excuse me, sir, but fever never returns with Mrs. Smedley's treatment." I gave her another pack. On Monday the pox became irritable, and began to die. I washed my patient all over with warm soap and water. This I repeated twice the next day; and on Wednesday I sponged her with warm vinegar and water. In a fortnight she was so far better as to be able to walk in the garden; when she was removed to her uncle's while the rooms were properly cleaned. She is now (January 18th) quite better, and able to begin her work again. She will not be marked in the slightest degree. I worked by Mrs. Smedley's Manual; she has never lost a case.

SMALL-POX CASE CURED AT LEA MILLS FREE HOSPITAL.

One of Mrs. Smedley's nurses, named Mrs. P——, a widow between 30 and 40 years of age, was sent to treat a case of small-pox at Sleaford, Yorkshire, which she managed very successfully as regards her patient; but when she reached the Matlock Station on her return, the pox were quite visible on her own face, so she was immediately sent to the above Hospital, and treated by the same means; and so very severe was the disease upon her that she had twenty-one pocks upon her face alone; but so perfectly successful did the Hydropathic remedies prove, that not a single mark remains, and she is now again special nurse with one of the lady patients in the Establishment, Matlock Bank, and the infection in her case was so prevented that not any further cases followed in the neighbourhood. Mrs. Smedley has at this time nurses out treating small-pox on similar plans, and each case proving this valuable remedy. We have never lost a case of small-pox out of the many treated.

VACCINATION NO PROTECTION AGAINST SMALL-POX).

—At the present time, when small-pox is destroying in London alone upwards of 200 weekly, it becomes the duty of every lover of truth and of his country, to expose the utter uselessness of that detestable and unnatural practice which the people have been misled to regard as a sure protection—namely, vaccination. That it is such a protection is only a groundless assertion of Jenner, a well-meaning but mistaken theorist, whose erroneous views have been servilely followed by a profession which prides itself on its learning and superior scientific attainments. There can be no excuse for medical men of the present day continuing the practice, seeing that a vast amount of facts has been accumulating year after year, and in various countries, showing that it really has no influence in preventing small-pox. It is true there are a few honourable exceptions amongst the Faculty, practitioners of good personal standing who have thought for themselves, and boldly opposed the wide-spread delusion. Even many homeopathic physicians, men who thought they discerned in vaccination a striking confirmation of their favourite doctrine—"similia similibus curantur," have discarded it as irrational and untenable. These men are the salt of the earth, whose names will be cherished by future generations as benefactors of their race, when the name of Jenner shall have sunk into its well-merited oblivion. What becomes of the mendacious assertion

of Jenner, that one vaccination protects you for life, or of the equally false dictum of his modern disciples, that twice vaccinated you are doubly protected, when we find at the present moment here and in Paris, hundreds dying of small-pox who have been vaccinated, some once, others more than once. How comes it that eighty out of every hundred admitted into the Small-pox Hospital, and not less than ninety-four out of every hundred at the Hôtel Dieu and other hospitals of Paris, have been vaccinated? It is admitted that on the average of recent years, in the experience of the London Small-pox Hospital, full four-fifths of the patients have been vaccinated. The Registrar-General tells us that on the average of four years, only 65 per cent. of the English people were vaccinated—that is, less than two-thirds. The vaccinated two-thirds furnish four-fifths of the small-pox cases, whilst the unvaccinated one-third furnish only one-fifth. Therefore the vaccinated are twice as liable to the small-pox as the unvaccinated.

SORE HEADS IN CHILDREN.—On the least appearance of the eruption, immediately attend to 130, and put on the child a linen cap squeezed out of tepid water, and a macintosh or oil-silk cap over that: be careful frequently to re-wet the linen cap, and, at the same time wash it, or have a change of caps. If the eruption is bad, apply 130 twice per day, or oftener, and give the child 45 twice per week as directed on page 47; no flesh meat or stimulants; and hair cut quite close. Silk webbing cap also good.

SCURF OR ERUPTION ON HEAD.—For adults.—On rising, well wash head with very hot water, and then tepid, and then put on spongio cap for a while. Once in a day use steam pads, very hot, for twenty minutes, removing them every five minutes, and then put on 215½ out of vinegar and tepid water for a while. Repeat this, if possible, during day, and at night put on a silk webbing cap, well larded with lard without salt, and the oil-silk over. If not very bad, the following will cure:—Wash the hands in some warm water, using soap; then gently sponge head with the same water; dry softly, but do not rub the head; then put some pomatum in the hands, and gently rub it in; put on flannel with cap to sleep in; on rising, the same, without the cap; on no account to comb or scratch the head; use a soft brush gently to straighten the hair; only olive oil and spermaceti (*for Pomatum, see p. 334*).

The following treatment for SCARLET FEVER, or DIPHTHERITIS, in children, never fails to restore, if applied in any reasonable time after the commencement of the attack:—

When the usual symptoms appear, which are sore throat, nausea, inflamed eyes, and general chilliness, followed by heat and red patches on face and arms, immediately commence as follows:—put feet into hot mustard and water, and cold wet bandage round head, whilst you prepare a *wet pack*, which is done by laying a *warm blanket*, or two blankets, on a sofa or bed, and a *well* squeezed-out towel out of hot water over the blanket; then wrap the child's feet up in a separate piece of warm flannel, and lay it naked on the squeezed-out towel, and lifting up the child's arms, wrap one side of the towel round the body; then lay the arms down, and wrap the other side of towel over; then well wrap one side of the blanket over, and then lay a soft pillow or blanket over the stomach, and wrap the other side of blanket over, and let the child lie so for half or three-quarters of an hour, taking care that the head bandage is kept cool with cold water. When the child has been in the *wet pack* the time above named, take it out, and quickly sponge or rub it over with another towel and tepid water, and then well rub it dry with a coarse dry towel, and put on calico body bandage 163 $\frac{1}{4}$ or 166, sprinkled with hot water, tight round the bowels. When dressed, pack the throat with a strip of calico, or a small napkin squeezed out of hot water, and a warm strip of new flannel over it, the flannel large enough to wrap round the throat several times; still keep the wet head bandage on, frequently re-wetted when warm; whenever the feet are cold, put them into hot mustard and water for three or four minutes, and wipe them over with a damp towel before rubbing them dry. Continue the above treatment each day till the skin is red with the rash, and then only sponge the whole body over morning and night with warm water, keeping on wet body bandage, and attending to throat, head, and feet, as above, and the child will soon be well. If the child is too *delicate* for the *wet pack*, only use the *sponging*, &c. Let the child drink what cold water it wants, and never mind about troubling it with food, as *very little* is needed, and that little should be very *light*; no stimulants or medicine whatever.

When the fever settles principally in the *throat* and *head*,

then, in addition to the above, apply 82 ; and if throat is still bad, put a mustard poultice on till red, then spongio *dry* for half-an-hour, and then apply 82 again, or 220. Also put the back of the child's head in a basin of cold or tepid water, and sponge the forehead well whilst in, for a quarter of an hour at a time, several times a-day. Give "cooling drink"* three or four times a-day, whilst fever is high. After the feverish symptoms are gone, frequently, in delicate constitutions, the bowels and legs, and sometimes the whole body swells ; but no alarm need be felt, as it is only from weakness ; but then adopt the following treatment :—put *soles* of feet in hot mustard and water, and then dry-rub the legs with warm hands, rubbing *upwards* several times a-day (we also use Neat's Foot Oil for this rubbing with great success), and morning and night dry-rub the whole body with hands and *dry mustard* ; wear a piece of new flannel round the body, instead of the body bandage, and wrap the legs up with strips of new flannel, and give one teaspoonful of cod liver oil every night, in a little cream, if it does not produce sickness. 214 to each limb, and 231 very good.

TREATMENT FOR CHILDREN WITH IRRITATION AND HEAT IN THIGHS AND PRIVATE PARTS.—*On rising* : 50 and "fomentation" to affected parts during, and then sponge all over with 80 deg., and put on 163 $\frac{1}{4}$. *Forenoon or afternoon* : 142, and repeat the fomentation as above, and then 105 $\frac{1}{2}$. *Bed-time* : Let the child sit over a vessel with a little boiling water (but be very careful not to scald), and well "steam" the parts for five minutes, and then 105 $\frac{1}{2}$, and renew 163 $\frac{1}{4}$. 214 on whole legs and thighs also at nights very good.

SAINT VITUS' DANCE to be treated as Hysteria (see page 22), and general constitutional treatment, as page 215, or letter C, see page 354, *must* be persevered in till all the twitching is *gone*.

CONVULSION IN CHILDREN.—Immediately undress the child, wrap it in a blanket, put cold wet cloth round the head, feet in hot mustard water, rub bowels gently with dry warm hand, or 150, whilst bath No. 35 $\frac{1}{2}$ is prepared. After No. 35 $\frac{1}{2}$ bath, put the child into No. 64, renewing the head bandage as soon as it is warm ; on coming out of 64, put on 163 $\frac{1}{4}$. If mothers would be careful, when their

* COOLING DRINK.—To one teaspoonful of citric acid, two of cream of tartar, and the juice of half a lemon, add a quart of cold water, and sweeten with lump sugar. If lemon cannot be procured, add a little more citric acid, and the juice of an orange.

children are not quite well, and put them into a wet pack (see "Scarlet Fever," page 47), they would prevent convulsions coming on—there must be much derangement of health before convulsions can arise.

"THRUSH," OR SORE MOUTH.—This common disease among children arises from the heat of the stomach, and the best treatment is as follows:—On rising have 78½ after the child's usual washing; forenoon and afternoon, 89 for five minutes in sitz (see article on sitz, p. 50). Bed-time as on rising. *Very frequently*, during the day, rub the child's gums, tongue, and mouth with the finger and cold water, dipping the finger continually into fresh cold water during the rubbing; and also let the child swallow a teaspoonful of cold water *frequently*. As this disease generally arises from *over-feeding*, the longer the stomach can be kept without food when the thrush is bad the better. And allow me to give the word of caution again to mothers, not to feed their infants more than every three hours, if they can possibly avoid it: they would by this course save their children from this and that other too common malady, "*Worms*."

WORMS.—The best method of curing this distressing and often destructive disease, both to the comfort and health of the poor child, I find as follows:—On rising have 69, but only for a quarter of an hour; forenoon 87, but soap-suds that heat instead of water to sit in, and keep the child in, if possible, for ten minutes. Repeat the 87 also in afternoon; bed-time give 222 or 20. Once a week omit all the above, and give "wet pack," as in scarlet fever, page 47, or 99 and 163 or 166 bath list.

WORMS IN ADULTS cause disease in the bowels, and great irritation, and are a cause of complaints being exhibited in other parts of the frame, that appear to the casual observer to have no connection with the bowels. Epileptic fits, sickness and nausea, irritation at the seat, and general disturbance of the nervous system, and excessive craving for food, and griping pains, are not unfrequently the symptoms of worms in the intestines. Our remedies are general tonic treatment, and the use of the body bandage; drinking half a pint of cold water on an empty stomach four times a day. Worms are, however, difficult to eradicate.

WORMS.—A real cure can only be effected by getting the digestive organs in a healthy state. Worms cannot live in a healthy, vigorous state of the intestines, and hence all attempts at curing worms, by taking strong medicine or bitters to destroy them, only results in mischief, and sometimes in real disease of the mucous membrane of the bowels. If the human intestines were a mere pipe without vitality, strong physic would effectually destroy worms or any other parasites; but it is not so, and therefore in a

multitude of cases the cause of death of the person is laid by the means used to kill the worms. Strict diet should be observed; no stimulants, tobacco, mustard, or rich food; use 69—20 mi or 50—18 sometimes, 152 with india-rubber bottle, not pump, with warm soap and water four times per day or oftener, with only about a quarter to half a pint of water; use only an india-rubber bottle; an injection of Condyl's Fluid (*permanganate of potash*), thirteen parts water to one part of the fluid good often, 119½, 106, 105½, 115, 168½ slightly sprinkled, 174 ditto under it over the stomach in the day, 163½, 220, sprinkled with a little chillies, and 169¼ over all every night; nearly a tumbler-full of cold water after every meal, if it can be borne without pain to stomach; this is very good.

The "sitz bath" can be applied for young children, similar to the sitz bath, page 339, only smaller in proportion, say ten inches wide, eleven inches long, four inches deep inside, legs three inches long. On the benefits of this bath I wish especially to draw the attention of mothers, as connected with the treatment and cure of that too prevalent weakness which causes children to "*wet their beds*" at night. I must first observe, that if the "infant's" regular treatment was attended to strictly (see page 39), this weakness would rarely occur, and thus save mother and children much distress and inconvenience.

Treatment, when the said weakness is only slight, will be found sufficient by strict attention to 106; but place a flannel pad in bath for the child to sit on, and then the cold will be no shock, and can be done without undressing the child. When this treatment does not produce a cure, then, in addition to the 106, as above, give the general treatment, as stated in p. 6, for the whole constitution thus requires assistance before the local weakness will yield to the above treatment. I have also found the "spongio support" (see p. 8), useful in difficult or obstinate cases, and the child should be dressed in *warm* clothing.

If the child's spine should be weak, it should have 186 and 166 on regularly, and the spine should also be rubbed with the hand and cold water, night and morning, when re-placing these. If legs or ankles are weak, then 214 should be applied, and after 214 has brought out a little rash, then remove them, and only wear new flannel strips round them, and attend to 149; and the earlier the above remedies are applied, the more effectual they will prove.

TREATMENT FOR CHILDREN WHEN THERE IS A SLIGHT "STOMACH" DERANGEMENT.—If "feverish" from it, immediately give them "wet pack," as directions on page 47,

or if not convenient to do that, give 64 with $153\frac{1}{2}$ and 224 during. Keep $163\frac{1}{4}$ on regularly for a day or two; and if necessary repeat either of above each day till well.

If "sickness" is the effect of stomach derangement, then instead of either of above adopt 48, but mix the mustard with meal, so that the child can bear it better and longer—indeed, all meal and sprinkled only with mustard will suffice where skin very sensitive. 137 for three or four minutes before putting into 48 would be very advantageous.

If much pain in head, then $115\frac{3}{4}$, using the mustard and meal as for 48 would be a better remedy, and in that case $13\frac{1}{4}$ and $12\frac{1}{2}$ would make $115\frac{3}{4}$ more speedy in its effects by giving them first. Next day, if head not well, give 70 and $153\frac{1}{2}$, and take 130 or $131\frac{1}{2}$ first.

BURNS and SCALDS had better be treated as $150\frac{1}{2}$ on "list," and when in a part that cannot be thus immersed, then "foment" with pads squeezed out of hot soap-suds, "dressing" the same as stated in 151. No. 58 also very useful, and 220.

CASE OF SCALD.—Our groom had a child four yearsold severely scalded by falling backwards into a pan of boiling water, which got down the back under the frock. The child was in agonies; the clothes were quickly taken off; back of head and both arms were in the boiling water. The parents immediately referred to my "Manual;" they first washed over with warm soapsuds, then put him in a wet pack with towels wrung out of hot water, and a blanket and mackintosh cape over all. The accident happened at eight p.m.; in half-an-hour the child was sound asleep in the pack; he slept sound till eleven p.m., when the pack was renewed, and he slept till morning, and again washed over with warm soapsuds; then followed the other directions for burns and scalds, and the day following the child was out of doors at play; and was at school as usual Monday but one after the accident, well.

NAKED ARMS.—A distinguished physician who died some years since in Paris, declared: "I believe that during the twenty-six years that I have practised my profession in this city, *twenty thousand children* have been carried to the cemeteries a sacrifice to the absurd custom of exposing their arms naked." Put the bulb of a thermometer into a baby's mouth, the mercury rises 90° . Now carry the same to its little hand; if the arm be bare and the evening cool, the mercury will sink to 40° . Of course, all the blood that flows through those arms must fall from 20° to 40° below the temperature of the heart. Need I say, when these currents of blood flow back into the chest, the child's vitality must be more or less compromised? And need I add that we ought not to be surprised at its frequent recurring affection of the tongue, throat, or stomach? I have seen more than one child with habitual cough and hoarseness, choking with mucus, entirely and permanently relieved by simply keeping the hands and arms warm. Every observing and progressive physician has

daily opportunities of witnessing the same cure.—*Phil. and Med. Sur. Reporter.*

ON DIET, CLOTHING, AND HABITS OF LIFE.

As so much depends upon the due attention to the above heading, and as I have constantly to be appealing to the better judgment of my lady patients on these subjects, a few remarks will, I hope, be rendered useful. On diet, after what has been said in this Manual, I need only repeat that the most simple is the most nutritious; and that, when from the low state of the nervous system, little can be taken, it is quite a mistake to try to excite the stomach to take more by stimulants or tonic medicines, as it only produces temporary relief to the distressed nerves. Attention to No. 76, and frequently through the day sipping fresh cold water, would prove of real service; and 211 would be always safe, and would gradually prepare for more variety. As regards clothing, cotton stockings and low dresses are highly injurious, and all delicate ladies should wear woollen vests, drawers, and stockings regularly, only varying their quality as the seasons vary. The nourishment thus conveyed through the skin, as well as the preservation from cold, would prevent a great variety of diseases. The thin shoes and boots also worn by most ladies should be exchanged in the cold weather for boots lined with fur or rabbit-skins for walking; but for riding or driving, Wellington boots made with woollen material, goloshed with leather, trimmed with fur, and lined with sheepskin, are the most comfortable and useful. Mr. Wall, of Matlock Bank, makes all the above very nicely. Respirators are also highly essential where there is any weakness of chest or throat; and as I have found many wearing these without keeping the mouth open, I must here name this necessity. The principal remarks on general habits of life are early hours; exercise only to refresh, not to weary either body or mind, and which, of course, must be varied according to the powers of each. The pressure of study given to the young in the present day is fearfully telling on their physical powers, and thus shortening life, and degenerating to the races of mankind in general.

Elastic sides to boots, and lace boots, are frequently the cause of very serious maladies. I have a lady under my care now who has congestion of the leg up to the hip, and varicose veins. Ladies should wear boots that do not prevent the circulation returning upwards from the feet. Other serious mischief is often produced by not having free action of the venous system; the heart making efforts to cause proper circulation causes pressure on the lungs, and sometimes causes hemorrhage or chronic headache. Garters are also very injurious; and as to tight corsets, there is no necessity to show the mischief they cause.

If persons wish to have good health they must obey the laws of Nature, as to diet, drinks, clothing, and habits of life. It is obviously unreasonable to expect comfortable health on any other terms, and simply impossible, if persons prefer conforming to the habits of society, and the indulgence of their own tastes, to Nature's laws and requirements. It is simply a matter for consideration whether the pleasure is worth the misery and suffering. Persons in general take far too much food; and as to drink, the

economy of the human frame is totally opposed to the action of all stimulants. We have been total abstainers from all stimulants for eighteen years, and have never used any medicine of any kind, either in our hydropathic institution or hospitals, and have ourselves gone through incessant labour without a day's relaxation from our work for many years together, and are now in sound health. Unnecessary quantity of food, stimulants, medicine, or irregular hours, would quickly disable us from pursuing our labours, and would be very much like putting sand into a watch. As persons advance in life, or not robust, and not leading an active out-door life, Nature's requirements are less; but we have constantly to hear from patients suffering from ill-health that their medical advisers have directed them to take plenty of nourishing food, what they term good living, and good wine; but never does the patient find it good advice, because it is obviously opposed to Nature's laws. A delicate or thin person cannot assimilate a larger quantity of food than Nature calls for, and the consequence of trying such absurd advice is to fill the body with all kinds of discomforts, and eventually disease. (See p. 157.)

"DIGGING GRAVES WITH THEIR TEETH" may be rather a vulgar expression, but, nevertheless, it is in a host of cases very true. When we read the descriptions from works on anatomy, on the structure of the stomach and the whole digestive system, it is a wonder how the frame resists the treatment it is subject to from the habits of mankind. When from the cuts in this work we see first the epithelium lining of the throat, then the mucous lining of the stomach and duodenum; and then see the cut of the delicate and elaborate lining of the bowel, the intestinal villas, the peyers, and the solitary glands, all made to concoct proper aliment; and when we think of the hot wine, spirits, and highly seasoned food which these delicate organs are called upon by ignorant or sensual persons to bear, we cannot be surprised at the certain consequences in suffering and disease, and shortening life.

In this neighbourhood I can point to persons active, with the full possession of their faculties, and free from disease, from seventy-five to ninety years of age. Fortunately for them, they are all poor, or not in a position to indulge in what is so falsely called good living. Some do not taste animal food above once a week. Weak persons and those advanced in life should remember weak stomachs cannot do the work of the robust; but feeling weak, which is their normal state, and in which they may go on to a great age without suffering, they put work on the engine till it breaks down. A hearty dinner of venison caused a fit and killed the Duke of Wellington, after having escaped all the dangers of battles and sieges. If he had used his great common sense he would have lived many years longer in comfort, but he went on lunching at noon, and dining at seven or eight, as when he was thirty years of age. Poor humanity! he does not reflect and act till too late.

EATING WITHOUT APPETITE.—It is wrong to eat without appetite, for it shows there is no gastric juice in the stomach, and that nature does not need food, and there not being any fluid to receive and act upon it, it would remain there only to putrify, the very thought of which should be sufficient to deter any one

from eating without an appetite. If a tonic is taken to stimulate appetite, it is a mistaken course; for the only result is to cause craving, when already an amount has been taken beyond what the gastric juice supplied is able to prepare. The object to be obtained is a larger supply of gastric juice, not a larger supply of food; and whatever fails to accomplish that essential object fails to have any efficiency towards the cure of dyspeptic disease; and as the formation of gastric juice is directly proportioned to the wear and waste of the system, the means of supplying this wear and waste can only be by exercise in the open air and proper diet.

TESTIMONIALS.

I HAVE frequently been requested to print testimonials from restored patients, and also to give particulars of the treatment of cases, and also to state to what cases our treatment is applicable; but on attempting this, we found it would require volumes to do so, which would not be read but by very few, and the cost considerable.

There is not an ailment of the body or mind we have not had under our treatment, and we can always confidently affirm that we can do good without possibility of injury to the patient. In proof of the soundness of the principles of our treatment we send bath attendants, both male and female, to most critical cases throughout the kingdom, and even to France; and we have, without a single exception, had testimonials of their success without any error in treatment. Typhus fever, scarlet fever, small-pox, brain affection, accouchements, and internal disease, have been cured by our bath attendants; and in no case have we had the complaint of mischief being done. Only to cases unable to come do we send bath attendants.

I give as follows a few specimens of letters I receive almost daily from suffering, despairing, given-up cases. The effect of a 231 is striking as soon as the patient gets within our establishment. Cases suffering agony—the medical profession owning their inability to give even relief from pain—have had all pain removed in some cases in a few hours after entering. The terrible mistaken idea of the medical profession attempting to cure by medicine, or blisters, setons, issues, mercurial ointment, incisions, scarifying, &c., sends thousands to a painful death, who would be easily cured by taking nature's laws as a basis of treatment. We are pained to hear of friends and acquaintances, too prejudiced to try our method, succumb under the doctor's action. Typhus fever we have never failed to cure; our fomenting pack, (No. 47 Bath list) sets all the pores of the skin at work to expel morbid matter, equalises the circulation, stimulates the liver and kidneys to natural action, and gives sleep. The same in scarlet fever cases and small-pox; out of the great number of these cases we have treated at their own houses, not one has died, but very soon risen with a new constitution. Amputation of limbs have been saved in more cases than we can recollect the last twenty years; tumours dispersed; abscesses cured; sleep soon given, when the doctor's opiates, by stupefying the brain, had rendered sleep impossible; injuries to the spine, from falls and railway

collisions, have been got quite sound; cases of blindness from inflammation quite restored; and cases of long-standing deafness the same. It is now winter, and every week the papers publish the deaths of persons from bronchitis, who were previous to this attack in good health; we always succeed in curing such cases easily. The complaint is congestion of the air-tubes, and mucous membrane lining of the throat and wind-pipe. Medicine only aggravates the mischief, and takes away nature's power to get over the attack, and the patient is simply suffocating. The heart struggles hard to overcome the congestion of the venous system, and the doctor administers a sedam to control it, and takes away the power of the heart to overcome the obstruction. Nothing but a feeling of duty and sympathy with our suffering fellow-creatures could support us in giving up the last twenty years of our lives, without any time for recreation; but when we see the certain effects of our treatment, we cannot for a moment think of leaving such a glorious work, so long as God enables us to go on, and we hope we are now making provision for the work to go on after we have passed away. The system of baths and treatment is so thoroughly systemised and so easy to learn, that it can never go out.

We have most encouraging testimonies from all parts of the globe where our books have penetrated, and patients come to be cured. From British Columbia, on the west side of North America, to Mexico, Peru, San Francisco, the Brazils, West India Islands, New Orleans, and all the North Coast and interior of the United States, Russia, Germany, France, Switzerland, Italy, Constantinople, Smyrna, Alexandria, Cairo, the Persian Gulf, Bombay, Madras, Calcutta and the interior, the centre of China, Tien-Sin, Akab, on the confines of Burmah, Ceylon, Australia, all through to the North amongst the gold-diggings, South Africa, Cape Town, Graham's Town, Craddock, New Zealand, north and south. From all these places we have letters for advice, or orders for baths and appliances. The system has now got such hold, and the testimonies to the success of the treatment so strong and deciding, that it is impossible not to believe in our motto, "Truth is great, and will prevail." Upwards of 20,000 patients have passed through the institution; at first one or two hundred, now increased to about 2,000 per annum. Four thousand to five thousand have passed through our hospital, Lea Mills, where they live almost board and lodging free.

MY DEAR MRS. SMEDLEY,—Your skilful bathwoman has left us; and I am happy to say that all my symptoms of rheumatic fever have also gone. My sister, too, is feeling much better, so far as the bronchitis is concerned. I have now tried hydropathy for eight years, and Marth Smith is the fifth bathwoman that I have had over at my school; in every case they have been most successful. Scarlet fever, quinsy, bronchitis, inflammation of the liver, and rheumatic fever have alike yielded to the treatment. In two cases of severe scarlet fever the children were able to travel at the end of the week. If only the principals of schools would adopt the system of hydropathy, I feel sure that they would frequently be saved much anxiety respecting their pupils.

Trusting that you and Mr. Smedley may long be spared to forward this great work in the world, believe me affectionately yours,
L. H. R.

Selby, Yorkskire.

DEAR MADAM,—I have read both your work and Mr. Smedley's on hydropathy, which a friend has kindly lent me, and am fully convinced of the efficacy of your treatment; and can now understand why I have been getting worse instead of better. Oh, that I had known of your establishment before; but I hope, please God, it is not too late now. I must tell you I have been suffering for nearly twelve months with neuralgia in the ovary, at least that is the opinion of all the doctors I have been under. Since February last I have suffered more pain than I could have thought it possible for any human being to suffer and live. When it first commenced it was in the ovary only. I went to the most skilful surgeon in Cheltenham, who thought it was in the neck of the womb; he used caustic, &c., &c., after which it got much worse, the pain spreading round my back, left hip, all down the side of my bowels and thigh, and attended with great sickness, and bearing down of the womb and bladder. He gave me any quantity of opiates to lull the pain, but without effect; for they always seemed to aggravate it. After being under him six months, he said he could do no more for me, and advised me to consult a London surgeon. My husband then called in a very clever physician, who also confessed his inability to do me good; and he, too, advised me going to London, which I did, but received no benefit there. Since then I have been worse than ever. The pain comes on in paroxysms, which last six, seven, and eight hours, frequently without a moment's interruption, causing great sickness and faintness. I think every time I shall lose my reason; it seems more than I can bear. I have lately (without being ordered) tried hot baths, also hot-water cans to the parts affected and any quantity of mustard poultices, but sometimes it is so obstinate that nothing will relieve me; and I am now so weak that I cannot walk out, and my appetite is very bad. Will you kindly tell me if a similar case to mine has ever come under your notice, and if you think your treatment would cure me; also the probable time it would take to do so? I am sorry to ask the last question, but I am obliged to do so on account of the expense, as our means are small, and I have been such a dreadful expense to my dear husband, doctors' and chemists' bills being a fearful amount. An early answer, with your candid opinion, will greatly oblige.—Believe me, my dear madam, yours truly,

P.S.—I forgot to mention that I have been under an homœopathic doctor the last six weeks, but have not received the least benefit.

(Mania case cured.)

DEAR MADAM,—I received your letter this morning before starting for —, in reply to Mrs. —'s of —, and who at present is visiting in —. I feel so grateful to Mrs. Smedley for kindly meeting my wishes with respect to my dear daughter.

Her affection being mental, I almost felt afraid she would not be received into your establishment. Our surgeon assures me there is no bodily disease whatever, but she is labouring under a delusion, thinking herself very naughty and very unworthy; she will require a special nurse, as she has very melancholy thoughts, and is of a very sympathetic nature. This is of recent occurrence, and has been brought on by an overtaxed brain. I am returning to Scarborough in the morning, and hope to be able to arrange to be with you at half-past four on Thursday. I remain, dear madam,

(Such cases as the following remain suffering and helpless for life, under the old system; our treatment gives immediate relief, and cures, as in this case.)

SIR,—I have a daughter who about three years ago had rheumatic fever, and she has since been seriously afflicted with rheumatism ever since; indeed, for the last eight months she has been unable to leave her bed, suffering frightfully. Her pains are agonising.

Her ankles and feet are swollen, and turned and twisted in a remarkable manner; her knees are also very much swollen, and it is, I believe, her knees that give her the most pain; her legs are contracted, and as to any attempt to straighten them, why, the pain is utterly unbearable. Her nights are sleepless from intense suffering, and she is weak beyond expression.

She is about twenty-seven years of age, married, but no family.

Dr. — is her medical attendant, and, though her means are limited, she has also had the advice of Dr. — and Sir —, but with no relief.

Can you give an opinion or suggest anything upon so poor a diagnosis; please suggest best mode of conveying her to Matlock, if you think the case not too far gone. I will gladly pay your charges.

Will you kindly send me a scale of charges.

From what I have heard I am sure you will forgive me if I am asking for something I ought not, and attribute it to my anxiety. I am, sir, respectfully yours,

Turkey, October 8.

MY DEAR MRS. SMEDLEY.—You will be pleased to hear that I am none the worse after a long, stormy, and tedious voyage. The weather the first four days after we started was frightfully rough, so much so that we were obliged to keep our berths, and I began to fear about myself, but, thank God, I was very well all the time, considering the terrible pitching and rolling of the vessel. Mr. — came to — for me, and we arrived here on the 1st. He is very much pleased to find me so well, and all are amazed at my wonderful recovery. I am sure, dear Mrs. Smedley, I have to thank you most sincerely for all your kindness to me. I shall always look back with pleasure and gratitude to our Heavenly Father that I ever consulted you about myself. I am going on with the letter W steadily, and quite enjoy the baths here, where the climate is so much warmer. You will, I am quite sure, feel

pleased to hear that I am a wonder to many. I am really, thank God, wonderfully well and strong. I am able to walk about famously, ride, go up and down any amount of stairs, without the least feeling even of the abscess; indeed, I feel now, as if I had never had anything the matter with me. All are amazed, as when I left Smyrna I used to be carried about, and I could scarcely walk across the room without pain and discomfort.

(The following case was quite cured.)

DEAR MRS. SMEDLEY,—I will endeavour to lay before you as concisely as possible the particulars of my case, and should be deeply grateful for any advice that you may kindly give me.

A little more than eight years ago I was thrown with great violence from a wagonette, the horse at the time galloping at its utmost speed. The fall occasioned loss of consciousness for some time, perhaps a few minutes; and on being raised to my feet and led to a cottage about three or four yards off, I found (besides a swelling at the back of the head of the size of an egg, which caused pain in the head for three or four years) there was something seriously the matter with my feet, and I could not at first walk a step without excessive weariness, or legs aching. It was remarkable that the seam at the back of the right boot was ripped all through by the violence of the fall. The after effects, which were on the increase up to the end of the first two years, from not knowing how much retirement and care I needed, were the following:—Extreme sensibility of the nervous system; great tenacity of light and sound; nocturnal sleeplessness; numbness and cramp in the feet and legs, causing me to get out of bed or stand upright in the bed four or five times almost every night. Numbness in the feet always set in when walking out of doors, especially in the right foot. These symptoms were always much aggravated if I held a conversation more than a few minutes with any one, or read or worked, or wrote, or used the eyes by looking at objects of any kind, especially towards night. The stomach and bowels have all through the time been exceedingly weak, constipation with piles generally prevailing; palpitation of the heart (at times), which is unusually susceptible of mental emotions; constant buzzing and singing in the ears.

Notwithstanding what I have stated, I have reason to believe there is no organic disease, and I am thankful to say that within the last five or six years the more severe symptoms have gradually abated; but still, the nerves are so weak that I cannot join even one member of my family after seven in the evening without getting a very sleepless night; the smallest inaccuracy in diet will produce spasms of the stomach; the walking powers also are still so bad that unless I go very, very slowly I cannot walk more than five minutes without the weariness and aching in the ankles and calves of the legs setting in. My age is sixty years. I have had innumerable blessings and a few trials; and if it should please my Father, God, to allow me to enjoy improved health for the short time I may sojourn here, I shall be thankful; if not, I can say from the heart, "Thy will be done."

(From a Clergyman.)

MY DEAR MR. SMEDLEY,—I mentioned to you that I had been treating, by your aid, a case of great weakness and, we suppose, spinal complaint—a woman of 29, wife of our postman, who has had three children. She felt great pain for some time in the side of the abdomen, a little above the groin. A substance seemed forming internally, and could be felt by Miss S. Last week it came away, 12½ oz. weight, fleshy, and, when divided, containing about twenty small white bodies, each containing what seemed like congealed blood—dark. Her last baby is 1½ year old; and now she seems a little better, but suffers still from great weakness and pains in the back and head. The pains she suffered when the substance came away were just like labour pains. It had moved from side to side on different days, and fomentations which we applied seemed to soften it, and then the pain eased. Hitherto she has had the treatment of your book and your directions, and always found great relief from stomach packs. The case, however, puzzles us, and we naturally write to you for more light. If not too much, one line to say what we should do next would be very kind.

MY DEAR MRS. SMEDLEY,—Some time ago I wrote to you touching my wife's knee, which was very bad from a fall in the frost. You very kindly acknowledged my letter, and offered she might go into your free hospital at Lea. I afterwards had an interview with you at Matlook Bank, when I explained to you why she could not conveniently leave home. You gave me your valuable advice, bandages, &c., to treat the wound with. I paid strict attention to your directions; and, bad as it was, I have made a perfect cure. For some time after the accident, when moved, she had to be carried. Now she can walk as well as ever she did. This is felt at our house to be a great blessing; what at one time we scarcely dared hope for. Though she did not go to Lea, you have, I consider, equal claim for my thanks, which is the object of this letter; and let me say that you have them sincerely.

My neighbours are no little astonished to see the progress and cure in this case with such simple treatment. I think a time will come when people will be wiser. I must allow that I was ignorant till I was taught different. No man in this world could suffer more than I did for two years, and without hope of ever being any better, yet Providence some way or other took me into the hands of Mr. Smedley, where I got remodelled and made a new man; and with one exception—in the beginning of last year I was at Lea a short time—I have managed to earn my living; and it is now more than six years ago.

I am quite sure that Mr. Smedley will be glad to know that I am going through the winter manfully. I live simple. Every day I get once or twice pudding or porridge made from your meal. So anxious am I about this that when my meal is nearly done I get on the railway to Cromford, walk to Lea, buy a bit more, and return the same way the same day. And whilst I have been there I have had a pack, to which Mr. Smedley would not object. Be pleased to accept my apology for writing thus far; the truth is, I cannot help it.

We have now entered into another year; and that it may be a happy one to you both is the sincere prayer of yours most obediently,

MY DEAR MRS. SMEDLEY,—It is twelve months to-day since I first went to Matlock, and I feel I cannot let it pass without writing to return you my grateful thanks for restoration from a dreadful sickness, which but for you, under God's blessing, must have proved fatal. I am happy to say that in some respects I am better than ever I was, although I have not quite regained my strength, but that I am sure is through want of sufficient exercise, on account of my leg. I am still anxious to have more of your advice and treatment, and hope I shall yet be able to walk, so that I may be able to come again. Praying daily that God may bless you with health and strength for your labour, and that it may be blessed to many, as it was to myself, and that you may continue to enjoy the great happiness of seeing the good resulting from your work here, and receive your reward in a crown of glory hereafter.

(Lady's case cured.)

SIR,—Having had your book on Hydropathy lent me, I am induced to write you relative to my wife.

We are a young couple, and have been married about six years, during which time my wife, who was at best not strong, has suffered a great deal, the principal cause of which has, I believe, been ulceration of the womb, and extreme weakness of the parts connected, back, &c. We have two little girls, four and two and a half years; and since the last confinement and a miscarriage she has been much worse than before. We have had the advice of several medical men of eminence, both homœopath and allopath, and caustic has been used by the latter at different times, for considerable periods. Some also say the womb is not in its proper position, and prescribe injections, &c. You will be well aware of the numerous train of painful symptoms which, I am told, necessarily follow the above, rendering her entirely an invalid. She suffers much from indigestion, hysteria, general debility, and sometimes congestion of the womb, and the food taken does not seem to nourish as might be expected.

Excuse my writing so plainly, but I feel very anxious to know whether you think the hydropathic treatment would be of service, and, if so, perhaps you would kindly send me particulars of your establishments at your earliest convenience, and it would be esteemed a great favour.

(Mania case cured.)

DEAR MADAM,—I cannot refrain from addressing you to again express my sense of thankfulness for the very successful result of your treatment of my sister Annie. Ever since her return home she has enjoyed the most perfect health; and from being a cause of anxiety and gloom, has been a source of joy and cheerfulness to us all.

She practises the treatment regularly, and has applied it with great success to several of our friends. I am largely indebted to her for many recommendations as to health, and have derived so much benefit from their adoption that it has become a matter of much regret to me that while enjoying your kind hospitality at Matlock, I, in my pride of health, neglected to acquaint myself more fully with the principles and method of hydropathy, as carried on by Mr. Smedley.

I earnestly pray that Heaven may prosper you in your noble mission of "doing good." Hoping Mr. Smedley is in good health, and desiring a kind remembrance to him, I am yours, —

Mrs. Smedley.

Auckland, New Zealand, November 2nd, 1871.

DEAR MR. AND MRS. SMEDLEY,—It was with much pleasure I received your last letter, and ladies' and gentlemen's books. I am glad to say I have reason to be thankful that ever we met with your book. It was through Mr. Tanfield dying on his voyage out here—he had one of Mr. Smedley's books among his luggage—and the kindness of Mr. M'Clintoch, who put us in the way of your treatment. My husband finds the different baths do him more good than doctors ever did or can. What little I have practised of your treatment is wonderfully comforting. I have lent your books far and near, hoping that they will prove a blessing to many. I am sure we shall ever praise God we were led to try the simplest baths. My husband has wished he had not neglected himself in his young days, and now he is suffering from the effects of it. He suffers very much from cold chills, and then he appears to be quite hot continually. He can master the ague fever by the treatment in your book. Please to accept of our many, many thanks for your kindness. We met another friend this afternoon who had one of your books, and is well pleased with it, and has tried some of the baths; and I hope many more will do the same. Please to accept of our heartfelt and good wishes.—We remain yours,

GEORGE E. S.

P.S.—A neighbour of ours had a large lump, the size of a large egg, formed in the hollow under her knee. She had several doctors' advice; they frightened her, and told her she must lose her leg or her life. They did all they liked with it; they cut it, and got out a good deal of matter, and bandaged it up tight for a week. During that time she suffered much pain. At last she asked me if Mr. Smedley could do her any good. I looked in the book, and treated her as "Mr. Smedley's own knee case," and crisis came out; and by perseverance her leg has got quite well.

Smyrna, August 28th, 1870.

DEAR MRS. SMEDLEY,—Many thanks for your kind note. I am very glad that you like the small memento I sent you from the East. I know such things are admired in England, and I wished to give you something which would from time to time remind you of a patient from this part of the world. You will be pleased to hear that I continue wonderfully well, being able now to take pretty long walks, although whenever I exceed the mark I feel my

weak part. I suppose this I must expect. Many thanks for your kind invitation; much as we should enjoy coming to England, we don't feel it to be our call there at present. I often think of you and your work, and how happy and cheerful you always seemed in the midst of so much labour. You can't think how grateful we feel that God led my steps to Matlock, for mine has been a marvellous cure. With our kindest regards to yourself and Mr. Smedley, believe me, dear Mrs. Smedley ever sincerely yours,

DEAR MADAM,—I do not suppose that you will remember me as a patient in your magnificent establishment, at Matlock Bank, about ten years ago; but the fact that I was so, and cured of stomachic and nervous affections of some years' standing, through confidence in you and in Hydropathy, inspired by benefits experienced in my own person and witnessed in those of others of your establishment, induce me to trouble you with the following:—A sister-in-law of mine, about thirty-five years of age, was safely delivered of a baby about five months ago. Twelve hours after the birth she was seized with severe pain in the back and bowels. For days the doctors were quite unable to bring any relief, and occupied themselves in vain efforts to get the bowels opened. Meantime she had swollen exceedingly, and when her friends feared that she would really burst, another doctor was called for consultation, when (what had been altogether overlooked by the attending physician) the water was taken from her, and for some time—a month, perhaps—her water had to be taken away two or three times a day. Matters changed, and instead of retaining her water she lost all control over it, and it came constantly from her in drops or driblets. Matters in this respect are now, and have for a considerable period, been improved. She can now retain it for about three hours at a time, and with little or no discomfort. During all this time, however, the bowels have been inoperative, no evacuations but under the effects of a purgative, and every second day she has to get a dose of senna. I ought to have said that when the water was taken away it was very thick, having a very strong and offensive odour; but this is now very much modified, though yet it is not what it should be. I may add that she has almost no appetite, and has occasionally sickness and vomiting. She is extremely weak and helpless. For some time she could not move a limb or turn in bed. Now she can do both; but she can only lie on her back or right side; she cannot, because of pain, lie on the left side. Formerly she had frequent, and sometimes protracted paroxysms of pain in the bowels and back; these do not now occur at all, or, if at all, in a very slight degree; but while she was thus affected the doctor prescribed nepenthe, and the use of it would seem now to have become a necessity, or, at least, a very strong habit with her, and by nine p.m. she becomes restless, nervous, and miserable if it is not administered to her. The doctors say that it is disease of the kidneys and bladder that is her trouble (and they seem helpless for any good, and are now really doing nothing): but I have been thus minute in describing her state that you may be able to form your own opinion; and I have done it with the view of asking if you would kindly say if there is anything that you

can advise to be done. Were she in a state to be lifted out of bed, we would follow the directions given in your "Practical Hydropathy;" but she is not so, and could not sit in a sitz, or bear—as far as we know—any of the applications prescribed; but we have faith in you, and thinking that you could give some appliances not mentioned in your book, that, under the Divine blessing, might restore so far as to enable her ultimately to come to you. I have troubled you with this, and hope that the anxiety of many friends for the recovery of one deservedly dear will be my sufficient apology for thus intruding on your valuable time. With many, many others, I feel myself called upon to tender you grateful acknowledgments and thanks for the publication of your book on "Practical Hydropathy." Under its guidance I have been and am treating successfully my little daughter, for disease of the kidneys and liver. With many pleasing reminiscences of Matlock Bank, and your universal kindness to me there, I am, dear madam, yours very sincerely,

DEAR MADAM,—As you so kindly expressed a wish to hear how I was progressing, I have great pleasure in informing you that I am gaining strength in my legs, and am quite strong as regards my health—in fact, much better than I have been in health for a considerable time. My doctor, Mr. T., has been to see me, and also considers me much stronger than I have been for some time. I am able to take short daily walks; my friends are all surprised to see me so well. Mrs. B. continues the treatment. She desires her duty to you, and requests me to say she considers herself going on very well; and I trust by Christmas I shall be perfectly restored. I must again express my gratitude for the great kindness and benefit I have received from you, and remain yours most gratefully,

HARRIET B.

MY DEAR MRS. SMEDLEY,—A happy new year to you and Mr. Smedley. May you long be spared to benefit and relieve the sick and suffering! Many families will have blessed you this Christmas for restoring to them their loved ones improved in mind and body. Accept the thanks of mamma and father, and all the family, for restoring to my brother Arthur health and strength, and for the improvement of my brother John's hearing. He is a little better, but still continues to wear the electric pads during the night; they seem to be beneficial, for his ears discharge rolls of wax now and then. We hope he will continue to improve. Both my brothers look back upon their stay in the Establishment with much pleasure, and often speak of Mr. Smedley's Monday morning lecture and the amusement they found at the bagatelle board. Excuse more, it is bedtime. With kind love from all, believe me to be yours affectionately

Mrs. Smedley.

MADAM,—Nurse arrived safe, and I hope treatment will prove successful. It is a very bad case of small-pox for a child so young. It is covered from head to feet, and the greater part of it is confluent. Nurse cannot make use of the spongio for

its face—afraid it will smother it. The age of the child is eleven months; for its age very strong. It takes in a good deal of arrow-root, milk, and revalenta. At times he is very restless. The principal thing nurse gives him are the packs.—I am, madam, yours respectfully,

Mrs. Smedley.

P.S.—We don't pay any regard to the doctor who comes; he thinks it is a bad case, I think.

THREE weeks to-day our beloved child complained of sore throat, and on retiring earlier to be nursed a little, called me up to show me that she had a thick rash out all over her, which we thought was scarlatina, but having had a good deal of small-pox in the neighbourhood I thought she was nervous; and as her throat became worse next morning, we sent for a medical man—she seemed rather anxious for it. Before he saw her I spoke of the affliction she had five years since, and asked him not to give her anything exciting, and each day apparently she seemed better, in a sweetly tranquil state of mind, speaking often of God's goodness, that her heart was so comfortable. But on the Sunday she very much surprised me by saying, "Dear mamma, I want you to promise that you will not be anxious however this illness terminates." I said, "Darling, I have no need to be anxious, your throat is better, and God has been so good in keeping your head well; we need not be anxious, only careful." She said, "Well, promise me, for I believe the end will be more serious than the beginning." Even then, dear Mrs. Smedley, I saw nothing to alarm me, nor did it occur to me; but on the Monday morning she said, "Don't trouble to come to me, mamma dear, I am best quiet;" but there was nothing particular until the afternoon. Quite suddenly, when I entered the room, she desired me to leave it immediately, in a tone which so surprised me I looked at her and remonstrated, but saw I had better leave the room. She became calm soon, but not herself, and said I had not attended to her, and so on. She slept alone, and I watched her all night—not sleeping, of course. Next morning we sent for a nurse from the Sisters' Institution; and she continued to increase in dislike of me, precious child! Nurse said better not to contradict her; Mr. ———, her doctor, said the same, and so she gained the mastery. I kept from her, as she seemed violent. Oh, my dear Mrs. Smedley, how I grieve that I did not at once send to you for a nurse, then perhaps it might not have been so bad. A few weeks ago I thought her not quite so well, and she staid a week with one of her aunts. I never do find her at all benefited by leaving home. She does not rest enough. She has been longer without having the treatment which good L—— H—— instructed me in this time. I said, "You must have it." She said, "No, you are too weak;" for in the spring I was very poorly, and she was my tender nurse. I feel I am trespassing too much on your time, and yet I feel you ought to know all about her. She had very little medicine until she did not sleep, and then Mr. ——— and nurse assured me it was positively necessary, for I always dread those composing draughts, and I fear they did much to excite my poor child; but I will not blame Mr. ———, he was most kind, and, as he had

been educated, acted I am sure for the best. My dear husband and myself so regret we did not send at once to you, but such regrets are useless now. Do, my dear Mrs. Smedley, tell me if there is hope yet, as far as you can tell. I hope she does not think us harsh to send her away, but she always speaks so gratefully of your kindness when she is a little more calm. Do please ease our aching hearts. With Christian love to yourself and dear Miss Gibbons, I am, dear madam, sincerely and affectionately yours,

P.S.—I know when you can you will assure her of our affection for her, dear child!

MY DEAR MRS. SMEDLEY,—I am thankful to tell you our loved one had a comfortable journey. She was very tired last night, but very quiet, calm, kind, and affectionate. She had a good night, Lizzie says, and she is very comfortable this morning. She is unnaturally quiet for her, but it is far better to see her so than excited. We are very pleased with Lizzie, indeed. Three friends have called, and just spoken to the dear child, which she has borne very nicely indeed. God has, indeed, been very good to us. I do trust all may yet be well. With kindest love and warmest thanks, I am, my dear friend, yours affectionately,

23rd August, 1871.

DEAR MADAM,—Knowing from report how philanthropic you and your husband are, I now take the liberty of writing you regarding my health. I have for the last four or five years suffered from occasional severe inflammation of one eye, which attacks usually lasted a fortnight. I was then in Edinburgh, and consulted several doctors and the two principal oculists, but without the slightest relief or benefit. A year past last May I went out as companion to a lady in Northumberland. My eye was inflamed the day I left Edinburgh. I called in another doctor in Northumberland; he only told me it was an ulcer in the iris, gave me, like the others, strengthening medicines and lotion, which did no good. This, the longest attack of any, continued up to last December, when, living then near London, I consulted Dr. P——. He said he would treat me for my general health, which was indigestion and sickness every morning (I had been suffering from this for years, too), and recommended me to Dr. C——, an oculist, for my eye. He at once put a seton into my temple, and every day after my eye improved till it wore out, in the end of March, and then my eye began not to be so well again; besides, I again felt very sick every morning, as well as a great debility, especially in my legs, and a down-bearing of the womb, which made walking very trying. Mr. C—— would not put another seton in, as he said I was not strong enough; told me to get well, and that my eye would—but they all said that, only I never could; nor could they make me well. I was every day getting weaker, so I went to a Hydropathic Establishment and stayed six weeks, when I got quit of the complaints of the lower regions. to a great extent, and my eye kept better. Both my eye and myself have kept better since, until these last few weeks; but these last two weeks the general relaxation from the waist down has returned, and for these last few days my eye is worse than it

has been for months. My circumstances and position in life are these. I am an orphan. Since the end of last March, when ill-health caused me to leave my situation as companion (before that we were always well off)—since then I was at the Hydropathic Establishment; left there, and after a few weeks got this situation, where I am only on trial, and where my eyes are in constant requisition, and I am greatly alarmed lest I should not be able to keep it on account of my health, especially my eyes, and having no faith in doctors doing me any good, apply to you as a last resource. I should at once give it up and come to your Establishment, only my means being limited, and having spent so much already, I should like to persevere if you could give me any advice that I could possibly follow out in a large boarding-school. I shall willingly remunerate you. So far as I understand, this is not your usual method of doing business; but I feel assured that in my case, under the circumstances, you will do what you can for me. Trusting you will write at your earliest convenience, I am, dear madam, yours truly,

ANNIE R.

Mrs. Smedley.

September 14th.

DEAR MADAM,—My sister wrote to you the other day about my entering your Establishment, and I think, on perusing your pamphlet to-day, it wiser to state my case to you before deciding. I have been quite an invalid during the last eighteen months, suffering from extreme nervous debility, accompanied with hysteria. At my periods I suffer martyrdom with pain and sickness, also accompanied with severe losses. I have been under one of the first ladies' physicians in London—i.e., Dr. Arthur F—, as well as several country doctors: all say the same thing, that it is weakness of the womb causes my suffering, which only time can alleviate. I have been strongly advised to come to you by Mrs. N—, of E—, L—, long a patient of yours. I am only twenty-seven years of age, and unmarried. I used to enjoy very good health, though never particularly strong. Will you kindly tell me, conscientiously, if you think your treatment would be really beneficial to me, as I am an orphan, and entirely dependent on my own exertions for a livelihood, therefore, you will well understand, can ill afford to spend my little money needlessly—though only too gladly would I spend my all to regain health. Awaiting your reply, I am, dear madam, very faithfully yours,

Mrs. Smedley.

[This case perfectly cured.]

DEAR AND RESPECTED MADAM,—As you kindly gave me permission to write to you, I now avail myself of the privilege and pleasure. I am almost sure from what I have seen of you in connection with other patients, that I need not go into much detail in order to bring my case before your mind. I will only say that I came to your establishment on the 17th of March, and left the 19th of May. I had "crisis" while under the treatment, and I suppose it is to this I owe the great improvement in my health as regards tic in the head. Before I came to you, I seldom passed a week without being one or two days in bed thoroughly helpless

with *tic douloureux* ; and though I believe I have neuralgia about other parts of the body, I am truly thankful to have the head comparatively free. I am now getting some of my old symptoms returning as regards the bowels. I hope you will understand my clumsy description of it. It seems as though there were knots tied that obstructed the passage of the bowels, and caused hard knotty motions, sometimes slimy, but never so bad as when I came to you. There is always a large amount of flatulency present, and when the pressure on the lower bowel is great, there seems almost a paralysis of that part for the time—there is a corresponding sensation in the head. I have been careful to follow your advice as much as possible, and can say I am thankful I was led to come to Matlock. Before I came I was very abstemious, but your influence has, I trust, finished the work, for I never take stimulants now, though strongly advised to do so, for my heart. In accordance with your wishes, I have not attempted sea-bathing, neither have I, as at other times, had a tepid bath ; but I have wondered whether the sea-water in any form would help me, if so I should be thankful for any directions from you. I am sorry thus to trespass on your time, as I know how valuable it is, but I thought I must let you know that your influence over me did not cease when I left.—Ever, dear madam, your grateful patient,

A single lady, rather stout, fell down a steep flight of stairs, without any carpet, and the back of her head, struck every stair from top to bottom. She lay insensible. After a short time became a little conscious ; was taken to bed. I was immediately informed, and sent a bathwoman to bring her to the establishment. Her doctor gave her a strong dose of morphia to quiet the convulsions. Soon as she arrived we put our appliances in operation, but for weeks the convulsions, night and day, were so severe it often required three strong women to hold her, getting no sleep ; but convalescence came on gradually, and she was perfectly restored ; and now, is in perfect health, without any affection of her brain, as will be seen by an extract from a note I have lately received:—

December 28th, 1871.

MY DEAR MRS. SMEDLEY,—Accept my fond love and best thanks for your most welcome little note, and the good wishes it contained ; also for all the enclosures. I am delighted with them. You are so generous and kind. You must both require more quiet and rest after your many years' hard work ; but what a comfort and satisfaction it must be for you both to feel what a blessing you are and have been to so many of your afflicted fellow-creatures ! Nay, never can I be thankful enough I ever came to Matlock. You have been the instrument in God's hands of perfectly restoring to me health and peace, and happiness of mind. Had I not come when I first did, I firmly believe I should now have been in my grave, or in an asylum. So no one can have greater cause than myself to bless and praise my Heavenly Father for giving me such good, generous friends. I do wish you both every good wish, and pray that you will be blessed with wisdom and guidance from above. How unspeakable is the mercy

when the heart and flesh fail, to find that indeed and in truth God is the strength of the heart, and its portion for ever ! There is no end of His goodness. With my very best love, believe me to remain, your affectionate and grateful

C.

In concluding this little "Manual" I would say, should any of the articles or remedies contained therein not be clearly understood by some of its readers, I shall be most glad to communicate with them further on the subject, and they are welcome to write. I also hope its perusal may lead other ladies to devote some of their time to the study of "Hydropathy," not only for their individual benefit, but also for their suffering neighbours and friends, for they would be surprised how much could be accomplished by these means and with very little sacrifice, either of time or money. By applying to Miss Fenton, Hydropathic Establishment, Matlock Bank, Derbyshire, any of the apparatus, or bandages, or compresses, can be procured.

Having had several illnesses from over-exertion of mind and body during so many years' attention upon the sick, I am now under the necessity of confining my *personal* consultations and directions to our own establishments ; but several of our bathmen and bathwomen have small establishments at Matlock Bank, at less charges than ours, and whom I can strongly recommend. Our matron, Miss Gibbins, will send prospectuses of these outside establishments to any who require them.

And again lifting my heart to Him from whom every blessing flows, praying that, if in accordance with His will, such blessing may rest upon this feeble effort, I thus leave it in His hands, and by His grace subscribe myself as His instrument.

CAROLINE ANNE SMEDLEY.

Riber Castle, Matlock, Derby.

A Comparison between the Old and New Wings in Mr. SMEDLEY'S Establishment, Matlock Bank.

AN ESSAY BY A YOUNG LADY PATIENT,

Read at one of the Evening Entertainments in the Drawing Room, October 15, 1868.

THE supper scramble was over—the minute-hand of the dining-room clock pointed at five minutes to ten as I bade my friends "Good-night," and wended my way to No.—on the landing. Whilst preparing for bed, my mind kept

running on what we had been discussing over our frugal supper of revalenta, viz., that the recreation committee had offered a prize for the best essay on a comparison between the old and new wings. "How I wish," said I, half aloud, "that these old walls could speak! What scenes they must have witnessed; what tales they could tell! There is a saying that 'walls have ears,' which I quite believe, but in some cases I wish they had voices too." So saying, I extinguished my candle, and jumping into bed, was soon in the land of dreams. I could not have been long asleep before I was awakened by a cold keen gust of night air. I shivered, and, starting up, hurried to the window to close it; but, on looking out, I was so attracted by the still beauty of the night that, forgetful of the cold, I could not forbear lingering to admire it. Just then the clock of the neighbouring church struck 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12. It was the witching hour of midnight, the time especially selected by ghosts, goblins, elves, and fairies for their nocturnal visitations and revels. Again my ears were startled by sounds breaking in on the dead silence of the night. It was not the church clock striking this time. What was it? Was it the wind, as it moaned its mournful autumnal cadence through the rustling withering leaves of the trees in the grounds? No, it was not the voice of the wind. Was it a human voice? Instinct told me it was not. The mystery could only be solved by listening, so I listened. "Oh, dear! to think that a noble, stately edifice, such as I am, with spacious rooms and lofty halls, my elegant decorations, my sparkling plate-glass windows, my new and improved ventilators, my gay paper-hangings and royal scarlet curtains, with all my other beauties too numerous to mention—to think that I should be linked to such a low-pitched, narrow, shabby old building like you! yet in vain I pull and try to shake myself free; all my efforts seem only to rivet me more firmly;" and with a sigh, which echoed from one end of its lofty halls to the other, the voice of the new wing died away in impatient mutterings. I could feel the old wing, in which I was, vibrating with just indignation at the boastful, contemptuous manner of its offspring and rival; but it soon ceased, as if ashamed of its momentary weakness, and in a calm, moderate tone of remonstrance, spoke as follows:—"I might be justly offended at the manner in which you treat me, and at the repugnance you so plainly manifest at being united to a building which *you* consider so far beneath you. But, knowing your youth, and your ignorance of the new world into which you have been so lately introduced, my feeling for you is only that of pity." ("Don't want your pity," muttered the new wing); "and I think if you will condescend to listen for a few minutes to 'a low-pitched, narrow, shabby old building' (to quote your own words), I shall, I hope, at least succeed in reconciling you a little more to your fate; nay, I may even venture to say make you feel that union

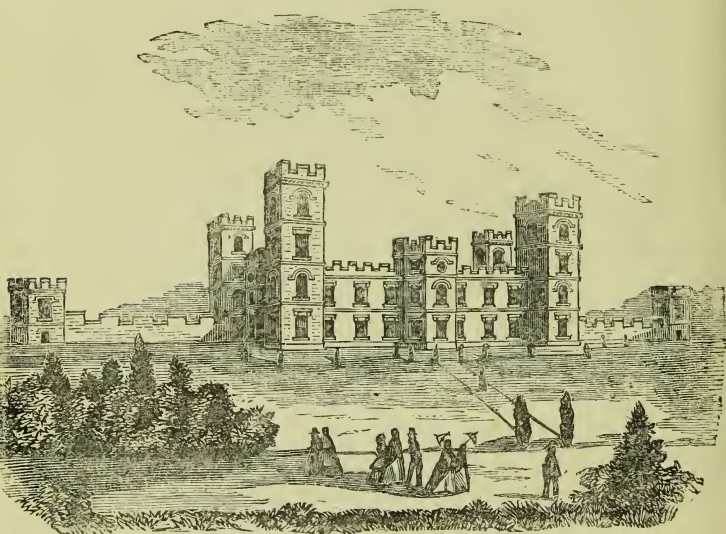
you now so despise a high honour. 'Tis many years ago, when I was only a cottage, that one day I received a visit from two of the human race, for whose services we exist. They told me they were anxious to commence a small hydropathic establishment, for the benefit of some of their suffering fellow-creatures, on a new and humane principle, assisted by that greatest of all doctors, Doctor Nature. They explained to me that there would be many difficulties to contend with; old and deeply-rooted prejudices to conquer; probably also much opposition and scorn to encounter. Then they asked if I should be willing and courageous enough to join them in their undertaking. I pondered for a little while, and then said, 'I will; and with regard to the difficulties you mention, I do not fear them. If I am traduced by ignorant tongues, which neither know my faculties nor person, yet will be the chroniclers of my doings, let me say 'tis but the fate of place and the rough break that virtue must go through. We must not shut out necessary actions in the fear to cope malicious censures. Things done well, and with a care, exempt themselves from fear.' They smiled, and thanked me, and after some further conversation, the compact was sealed, and I agreed to be theirs for better or for worse. So, not to weary you with too long a story, we at once set to work; at first we only had a few patients, chiefly those who, despairing of any other method of cure, came here as a last hope. I cannot tell you with what interest and anxiety I watched the effect of the means employed, nor how I rejoiced when I saw pale looks vanishing, and the bright flush of health returning. These, when cured, returned to their friends, and soon from north, south, east, and west, came daily applications from numerous sufferers for admission. It soon became necessary to enlarge my sphere of action, and from the small cottage I originally was, I have increased to my present size. You are only one of my many additions, and but for me would never have existed; besides, my friend, notwithstanding your boasted superiority, who is it does the work, I should like to know?" "Hey, stop!" cried the new wing, "I have heard more than enough to make me ashamed of my foolish pride; from henceforth let me be your faithful assistant in this work, and ever look up to you with reverence, due from a child to its parent." The old wing made answer, "I am so glad we have come to this good understanding; more firmly united internally, as well as externally, we shall work harmoniously together, and do all in our power to further the efforts of our friends and patrons, the founders of Matlock Bank." The voices ceased; I waited a little longer, in the hope of hearing something more, but was disappointed, and, shutting the window, I crept again to my bed, where I slept till morning, and, awakening with a bad cold in my head, I asked myself, Was it a dream?

INFLUENCE OF EARLY HABITS AND EDUCATION.

The development and influence of the nervous system in infancy and youth is of deep importance in the formation of character ; but is a subject too abstruse and extensive to be more than alluded to in this little work. It will be seen from my previous remarks that through the nerves all sensations, motions, and perception are conveyed to and from the soul or sentient part of our being ; and it is only through the operation of these nerves or telegraph wires that we see the works of creation around us, that we hold converse with our fellow-creatures, that we act in the business of life, and become sensible of all impressions. Now we know that as by proper exercise in bodily labour the muscles and limbs are more fully developed, so it is the case with the nerves by proper training in early life. The ruin of many might be traced, if the truth could be ascertained, to their early training. Even in early infancy the methods used by some nurses and foolish persons to awe, soothe, or quiet infants,* leads [to the unequal development of certain nerves, and which pernicious practices will afterwards become a source of misery to the religiously educated, and of final destruction and ruin to others, not brought up with good example, and taught to keep their animal propensities in subjection to their reason and convictions. Many earnest Christians have to bear a thorn in the flesh from causes little thought of ; and of which, if their parents had possessed the knowledge, might have been avoided : the foundation of bad passions, addiction to strong drinks, and other more insinuating sensual desires, have been laid in the mind during childhood, through particular nerves formed for righteous purposes, but when unduly and untimely developed by the folly of others were turned into a curse. Whitehead, on "Hereditary Diseases," and M'Dougall, on "Spermatorrhæ," give sad pictures of human suffering and misery, which might have been prevented by enlightened Christian discipline in parents and their offspring, had they known the true cause. Again, overworking the brain of young children, by the influence the nerves of sensation exercise over those of nutrition, stops the healthy development of the muscles, bone, &c. rendering such persons, when they come to act on the world's stage, utterly unfit for their duties. The soul has in consequence (as before observed) a poor, weak, disordered machine by which to perform its great duties ; and we see such of weak constitutions, and wanting judgment and decision, easily carried away by animal impulse. How rarely do we see the children of our successful statesmen, merchants, and manufacturers equal their parents in vigour, and this from the ambition of the parents in desiring them to excel in their education ! On the contrary, how often we see or read of young men from the country making large fortunes, and distinguishing themselves by great powers of action, from their nervous system being fully developed, and their being mentally and physically uninjured by brain-work in their youth, so that when they come on the arena of action, they find in their well-developed frame a machine fully equal to perform the great work of life with ease, and bear its vicissitudes with composure ! Seldom, however, is this constitution inherited by their descendants, for parents,

* I do not allude to any drugs, but to action. (See page 215.)

overrating the value of a scientific or accomplished education, begin early to give their children a training in what they consider themselves to have been deficient. By this course they lay the foundation of nervous dyspepsia, with its long catalogue of miseries, to be handed down to posterity, increasing the evil from one generation to another, till, the faculties of the offspring being thoroughly degenerated, hereditary insanity or imbecility is often the consequence. Children of the middle and higher classes are early allowed to use flesh meat and strong stimulants, which often induce inflammation and fever, carrying off thousands of such children, certainly not to the loss of society at large; such diet tends to inflame the animal passions, and produces anything but amiability of disposition. Children should never have flesh meat or stimulants, if they are to have calm minds in sound, healthy bodies.



RIBBER CASTLE, NORTH FRONT.

Extracts from Mr. Smedley's Practical Hydropathy.

STOMACH COMPLAINTS.—These proceed from a variety of causes, and great errors in treatment are often committed from want of a correct knowledge of what has caused the stomach to be out of order. In a great number of cases the cause is an over-worked brain. The *vis vitæ*, or electricity, in the nutritive nerves is drawn from its proper office of causing the necessary chemical change in the chyme or dissolved food in the stomach, and consequently acidity takes place. This irritates the coats of the stomach and duodenum; it passes into the bowels, where it is taken up into the blood, and this imperfect

matter makes imperfect and poor blood and bad tissue; and this imperfect blood circulating through the body, and coming into contact with the delicate nervous system, irritates and impoverishes the nerves by not affording healthy material for their support.

When the stomach is "out of order," persons commonly resort to drugs to restore it, which only give temporary relief, and increase the evil by forcing the stomach to act; to be followed by proportionate reaction. For example, when there is acidity, alkalis, soda, magnesia, &c., are resorted to to correct the acidity; which they will do so far as the then contents of the stomach is concerned. But as all alkalis lower the vis vitæ, or electrical power of the nutritive nerves, the relief is only temporary, and the mischief more permanent; as is experienced the next time food is taken into the stomach. Thus chronic disease of the stomach and duodenum is often the result, and the individual cannot live without a constant supply of soda, which after a time ceases to give relief; and a miserable prolongation of suffering succeeds, until death relieves the sufferer.

Whenever I have acidity, which I have sometimes from over-work, I have a mustard plaister over stomach, then flannel, and hot stomach can, as long as I can bear them; 234 in night, 233 day, or 236 dry in day, No. 237 rubbed on stomach; or if the above cannot be got, 163 wrung out of cold or tepid water several times in the day; and have a thick flannel bandage over in night. I go on taking plain food, without any stimulants or condiments, mustard, pepper, or pastry. Many persons are fidgety or anxious if they perceive acidity in the stomach; they are never at rest about it; first taking one remedy, then another, now soda, then brandy or bitter beer, until they set up real chronic inflammation of the mucous membrane. I bear with acidity until it goes off by rest and diet, and these simple baths, and if even of some continuance, no injury will result. The constant attempts to cure acidity by any other means than raising the power of the nerves of the stomach by natural means, without stimulants or medicine, only increases the nervous irritation. 220, 169½ in night.

Tobacco and opium are very fruitful sources of stomach disease, lowering the vitality, causing acidity and flatulence, becoming also tyrannical habits, exceedingly difficult to shake off, until they have incapacitated the poor stomach and nerves for any healthy action. The mucous membrane lining the stomach is first affected, as shown by the red and loaded tongue; then, of course, the inflammatory action is communicated to the nerves, and is shown by the white tongue, the brain having become implicated by sympathy. The mucous membrane lining the stomach being continuous in the duodenum and bowels, and passing up through the gall duct into the liver, and also to the pancreas, all sympathise with the part first affected in the stomach. This goes on increasing for a long time without great inconvenience if a person has a tolerably stout constitution, but some day an excessive dinner, or extra quantity of stimulants, or severe cold, sets fire to the train, and all the inflammatory action then concentrates on the weakest part, be that the lungs, liver, stomach, or bowels. Bleeding, blistering, and calomel are immediately and actively employed to reduce the inflammation, and with it the power of life; and the vitality of the blood is reduced often never to be restored again. Fomentations, body pack, simple diet, and rest, as before mentioned, would seldom, if ever, fail to accomplish a cure, and leave the patient uninjured. (See 50, 69, 70, and 78, Bath list, also p. 157.)

When a person's tongue is unnaturally red, cracked, and fiery, there is great danger to life, ready to be developed: taken at once, by rest and simple treatment, the cause may be removed; but in all cases where this state of tongue has been allowed to come on, a much longer time will be required to effect a cure: and when the tongue is habitually loaded, it indicates that there only wants a little exciting cause, in the shape of a cold, or excess in eating and drinking, to bring on typhus

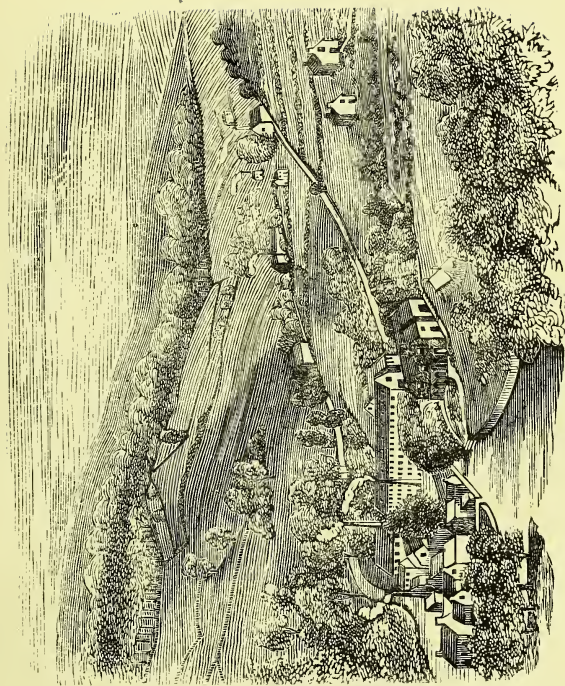
fever. Administering purgative medicines when the tongue is not clear, aggravates the mischief tenfold. Stimulating the skin to perspiration by hot and cold dripping sheets, short vapour baths, followed by tepid shallow ones or cold dripping sheets; or No. 50 or 69; at the same time drinking cold water by sips; avoiding tea or stimulants, and little or no flesh-meat; regulating the amount of the treatment by the strength of the patient, and giving nature time to act.

The great variety of causes of stomach disease makes it impossible to lay down anything more than a general principle of treatment. It must always be borne in mind that in these cases there is a depressed vitality of the whole frame, as the great plexus of nutritive nerves connected with the stomach, which is the primary source of digestive power, is in contact with the inflamed mucous membrane. The body must be nursed into vitality by the most attentive means, and in accordance with its delicate structure. All art can do is to be a nurse, and a very unassuming one; watching symptoms, and paying regard to the minutiae of nature's indications. If we are to be in health, we must obey the laws God has laid down as conditions of health; eating to live, and not living to eat.

COLIC, PAINS IN THE STOMACH AND BOWELS.—Immediately apply 69; and if that does not immediately relieve, apply 98, well rubbing bowels when in it. After 98, use 76 or 77 till quite composed and comfortable, previously putting on 169½ or 163½, with flannel wrapper over, also 163½ often as can be borne. 220 with 169½.

STOMACH DISEASE DIET.—From very extensive experience in these cases since our former editions were printed, we have found it very difficult to prescribe a specific diet for all cases, except so far as warning patients against what we are sure is injurious. The grand point, first, is to prepare the weakened organ, and not burden it with food; when weak, it has not power to digest a usual meal, nor to get rid of it properly. If there is not sufficient vitality in the plexus of nerves at the stomach to cause the proper chemical change in the contents of the stomach, the contents turn acid, whatever the nature of the food taken, and from acidity goes on to fermentation, next the generation of gas; hence flatulence, eructation, and wind through the bowels. Soda and other alkalis, or magnesia, or stimulants, are often taken for this, which only give momentary relief, and aggravate the mischief; all alkalis lower the vital power of the stomach, and often bring on incurable chronic inflammation of the mucous lining; they lower the power of circulation, cause congestion, and disease in the stomach. We prohibit all stimulants, pastry, mustard, pepper, or vinegar, pickles, raw apples, plums, pears, or oranges, fried meat, or fried or broiled bacon, roast pork, pork pies, hot roast or boiled beef, or hot veal, goose, duck, soups; plain milk, except in small quantities; cheese, or brown bread, also seldom suits; coffee, too heating; homœopathic or prepared cocoa, bad; cocoa stewed from nibs, good; green tea, bad; also buttered toast and cakes, cabbage, greens, turnips, radishes, cucumbers, and salads; soda, or soda-water, lemonade, and ginger-beer, especially bad; and all tonics, physic, and aperients, ruinous. What we have found good is a breakfast cup of revalenta, before or on rising from bed. Breakfast: cocoa, or weak black tea, with white bread and little butter, and an egg if it suits; sometimes isinglass in tea or cocoa; some can take cold boiled bacon with white bread, but not all. Some take, with great advantage, a little Scotch oatmeal porridge to breakfast, with a little milk and crushed refined sugar before tea or cocoa; one especial point must be observed, that the porridge should be thoroughly cooked; as, if not quite soft, it is very indigestible. Porridge should be boiled at least an hour; longer, better. I wish again to warn persons with weak or disordered stomachs against giving the weak organ too much to do; a weak stomach must not be oppressed with food; and it is often surprising to our patients what a small quantity of food will not only

sustain life, but cure. This, however, must be obvious to any thinking person: we do not work a weak or injured limb, but give it rest; the digestive organs, however, must work, whatever their condition is, or death ensues; but they should be treated as weak organs. Forenoon: cup of revalenta, a little white bread with a scrap of butter, and little cold water; especially avoid all kinds of biscuit, they are indigestible; also sponge-cake; and, of course, all lozenges. Dinner: cold mutton sandwich, no mustard; the mutton passed through sausage machine or chopped fine makes it easier of digestion. Raw beef or mutton passed through sausage machine, then cooked before fire, or in oven, in form of sausage, without pepper, often suits, with bread and a little cold water to drink. Avoid drinking even half a tumbler of cold water at once; it will chill the stomach, lower its vitality, and cause immediate acidity. Cold water, by sips, very good in most cases; if it does not suit, have it very nearly cold. Arrowroot pudding, good; macaroni, rice, in some cases, without egg; sago, without egg; corn-flour, mould; stewed pears or apples, worth trial; but some cases take only the sausage, as above, and water, and nothing more for dinner. Strawberries, gooseberries, raspberries, currants, oranges, all objectionable—either raw, or stewed, or preserved. Tea-time as breakfast; and cup of revalenta, or sago, to supper; and in bed, keep over stomach warm, either by pillow or dry flannel, a spongio body bandage; rubbing the stomach with dry hand or water very good at morning, noon, or night. Mustard plaisters may be used with advantage often; for treatment, use 77. A good deal of action of the arms and body while sitting in a chair, useful; moderate walking exercise, and out of doors, necessary for recovery; many persons have naturally weak stomachs, and such cannot be always without feeling this; they should, however, be content to get through life without trying to have the stomach powers of robust persons, and if they avoid physic or stimulants, and the before-mentioned improper diet, they often live longer than robust persons, who are tempted by their powers of digestion to take more than nature requires; hence the common cases of apoplexy, dropsy, and various other diseases which terminate the existence of persons long before their natural term of life. Insufficient clothing is a very common cause of stomach disorder; the surface of the body should be kept warm, if proper circulation is to go on, and the healthy action of the pores of the skin. Fine broadcloth coats and trousers and open waistcoats I often see mischief from. (See page 82.)



LEA MILLS, ONE MILE FROM CROMFORD STATION, DERBYSHIRE.

HYDROPATHIC APPLICATION IN EXTREME WEAKNESS, AND TO THE DYING.—I shall not forget calling upon a late dear friend, a lady nearly eighty years of age, who was dying from natural exhaustion of the whole frame. Her sufferings were great, simply from the stomach, liver, and bowels being worn out; the vitality and power of action all but gone. Naturally of a healthy constitution, life lingered in the body while there was but a spark to keep the heart moving. On the top of the chest of drawers in the room was a whole row of physic bottles. The doctor, kind and attentive, and celebrated for his skill, had done his utmost to give relief, but was entirely unsuccessful; even morphia, and the most approved sedatives, failed in the usual effect they produced in the earlier stage of the illness. The stomach had lost its heat and vital power to assimilate and dispose of its contents any longer. I advised gentle fomentation at once to the back and front of the body, with one wrung-out flannel pad, covering the pad with a piece of light mackintosh to keep in the heat, as the fomenting-can might be too heavy. This gave immediate relief, and after it had been on twenty minutes it was taken off, and with as little disturbance of the body as possible. The parts were then wiped with a napkin wrung out of warm water, and with another soft dry napkin gently wiped dry, having afterwards a broad, dry, warm flannel bandage to put round the body. Whenever the pain returned, half of a fomenting-can, wrapped in flannel, was put over the stomach and bowels, and if it appeared necessary, fomenting again, but only on the stomach, as in such cases care must be observed not to fatigue the body more than possible. If the legs and feet be wrapped in hot mustard cloths, and dry over to keep them warm, it will be of great service, and then wrap them in dry flannel afterwards. Water is by far the best beverage in these cases, and that all but cold. By these gentle means of keeping warmth over the stomach and bowels, nature will be assisted and soothed to the last. Discard all physic whatever. If the bowels should be swollen or uncomfortable, and constipated for days, then apply a gentle warm-water enema. A large piece of spongio piline, sprinkled with a little hot water, and bound over the stomach and bowels, and kept on with a flannel wrapper, or tied on with tape, will keep in the vitality, and do great service. Castor oil, which is generally considered a simple and harmless medicine, Dr. Quain, in his work on the rectum, says, is irritating from its acrid properties, and he cautions against the use of it. Shortly after I attended the case named, a near relative of mine, a lady, nearly eighty years of age, lay in a similar state, and her gratitude to God for the relief afforded by these natural, harmless means I shall never forget. I have witnessed the same effect on young persons dying. It is simply keeping the vitality up by artificial warmth, when the body no longer possesses it naturally, or can bear stimulating internally, which has such a soothing effect on the sinking frame.

RELIEF IN A DYING CASE.—An old man named Froggatt, Matlock Bank, sent for me last week: I found him dying in great agony, and calling upon God to take him out of his misery. Decay of the vital organs had come on gradually from old age, and from having in former years smoked tobacco

and taken stimulants. I saw that by our plans relief could be given. I ordered a bath-man to go with a pair of fomenting pads and a fomenting can, and some sal-volatile, or spirits of ammonia. The man was fomented, as No. 64, gently for one hour, mustard plaisters to his feet, and then feet and legs wrapped in flannel; after this a spongio piline full-size chest compress was put on, sprinkled with hot water. The fomentation gave immediate relief and produced sleep, and the man had no more pain while he lived, which was several days after. A little ammonia was given in water, and only water to drink.

CAUTION TO THE DELICATE AND THOSE IN ADVANCED LIFE.—It should always be borne in mind in the application of Hydropathy to the frame, that there is in every frame a certain amount of vital heat; some have a large amount, and can bear great changes without injury; others have less, and invalids have of course always a low amount of vis vitæ, or power of life. This little may be washed out altogether, either by too great an amount of cold treatment extinguishing the vital heat, or by too much hot treatment, relaxing the frame by over-stimulating in another form; it is not the water that cures, but its beneficial effect in gently stimulating by tepid or cold, and by soothing with warm: but Nature neither must nor will be forced. The amount of life or vitality in the brain, considered in the changes which take place in a few hours, must be the guide for a judicious, safe, and effective application of this powerful agent. A lady, about sixty-five years of age, came in April, having practised something of the cold water treatment in the winter, and was surprised her breathing was becoming worse. I name this to caution such cases from using cold water in the winter, where there is low power of reaction. Bedrooms are often cold in winter, and especially of a winter's morning, and exposure in either sponging the body or the chest, when the weather is cold, is certain to cause congestion in elderly or delicate subjects; it is better in such cases to have no such application until noon, and then be careful the body or the chest is exposed to the air as little as possible. The silk and flannel wet chest compress should be worn whenever and as long as there is any oppression on the chest, and sometimes take a six minutes vapour, with tepid sheet or rubbing after will give relief and not weaken. Torquay should be resorted to in winter.

EPILEPSY.—We cannot always ensure cure of these cases, although we have been successful in some cases. I believe, however, that our mild means of restoring natural action of the brain is the only hope of cure. Epilepsy is sometimes hereditary; in other cases proceeds from bad habits in youth, and also from excessive use of intoxicating drinks; in other cases from over-study in youth. This is a frequent cause of the fits, and in such cases study should be entirely suspended, to give the brain time for recovery. Any undue pressure continued will result in the fits being confirmed, and often in permanent incapacity of the mental powers. Excessive exertion frequently causes the fits, and various excesses which those who have them can pretty well trace. The utmost self-denial should be observed not to risk a repetition of this serious malady. Young persons

grow out of them more frequently than those older. Our treatment is mostly spinal and stomach treatment. 115 $\frac{3}{4}$ immediately after attack; 115 bath, tepid water poured down spine; feet in hot mustard and water, 114 good; 137, Bath list 231; on rising, 26 $\frac{1}{2}$, or 14, or 96, 50, 141; forenoon, 123, then 124, then 128, feet in hot mustard and water. Head bath, 131 Bath list 92 good; 168 $\frac{3}{4}$, 174, slightly sprinkled, or 220 sprinkled with water chilled; tepid water and 172 over night; 168 $\frac{3}{4}$, 174 in day, or 174 with flannel, and also sprinkled; no supper, or only a little arrowroot or sago; no solid food; other meals moderate; no stimulants or tobacco; medicine or aperients especially bad. Rest of body and mind, and avoidance of excitement of any kind absolutely necessary; avoid raw fruit, or any food not very easy of digestion; drink two or three tumblers of water per day by sips. Cocoa made from stewed nibs better than tea—water best; coffee too stimulating. Ladies will understand when to leave off treatment for a few days, and when they have a head bath need not dry the hair, but just squeeze out the water and fold the back hair up wet will be good. 215 $\frac{1}{2}$ Bath list good, if head hot. I advise the use of elastic merino nightcaps, and it is important to keep the head warm in day; if cold, the circulation is more difficult. Woollen stocking necessary. 154, 156, 157, all good, and easily done; also page 157.

FLATULENCY.—This troublesome ailment is often made an excuse for taking matter into the stomach that causes all sorts of mischief. People take brandy for flatulence,—they smoke tobacco for flatulence, and some refine upon this and get nice stimulating mixtures for it. Now all these things only aggravate tenfold the causes which produce it. Flatulence proceeds firstly from weakness in the nerves of the stomach, causing acidity, then fermentation; thus generating gas in the stomach and bowels. Strong healthy persons have no flatulence. Those who have, let them bear it patiently, until, by proper diet and rest, the stomach performs its office; flatulence will then disappear, and in no other way will it be cured. No. 76 on Bath list essential; if obstinate, No. 69, 153 $\frac{1}{4}$; 234 night, 236 dry day.

One of the most fruitful causes of chronic disease of the stomach, leading to a complication of many other serious and fatal diseases, is the erroneous idea that a little stimulant will improve digestion, and, when a person feels low and dyspeptic, it will do them good. Now exactly the reverse is the fact; for when there is a feeling of indigestion, or weakness, or pain in the stomach or bowels, there is lowered vitality, or some inflammatory action, and, in either case, stimulants only add fuel to the flame. The feeling of weakness, or dyspepsia, or pain, had better be borne until the simple remedies advised in this work are tried, than to take what is certain to cause increased morbid action. My husband has now a patient, a man of abstemious habits, who, from too close attention to business, and not allowing himself the necessary rest and fresh air, got his stomach out of order; but, unwilling to obey Nature's law, he took first small quantities of

stimulants, never in any excess, then soda; then, as the disorder increased, and unwilling to leave his business, he applied to the doctor, who first tried one pabulum, then another, until the patient was quite unable to attend to his business, and beyond all hope of recovery. The liver and lungs are now implicated, and severe inflammation of the whole mucous membrane lining of the stomach and bowels. Nothing can be done for him, and he must soon die, in the prime of life, leaving a wife and a family.

Another, hearty and strong when a young man; the anxieties of a professional life drew vitality in excess to the brain, robbing the stomach and liver; he began with small quantities of stimulants, then soda to correct acidity which was caused by the stimulants, and is quite laid aside, and for years has had a life of severe suffering, and now hopeless of ever regaining his lost health.

Another eminent and wealthy man, engaged a good deal in extensive engineering works, disregarding his own organisation, and when out of order applying to his doctor, under the idea that he could give him something to set Nature's laws at defiance, found a nearly similar result: a stomach draught to create an appetite, then a little brandy and water for digestion, plenty of animal food, claret, then Vichy water to correct acidity, brought the poor deluded man to the brink of the grave. Hot, parched tongue, almost sleepless nights, loss of flesh, and a state of misery; came just in time to save fatal effects from such a course, and is now going on well, but will never be strong again.

STOMACH PACK.—When the stomach is very irritable, it is best to lie in bed and remain perfectly quiet; taking no food, but sipping cold water; having a towel doubled and wrung out of cold water laid over the stomach, and over that a good thickness of flannel or blanket to preserve the animal heat, and chest-can filled with hot water, or macintosh hot-water bag. Re-wet the cloth every ten minutes, and take nothing but water until sickness is stopped, if even it lasts a day or two, as no harm will arise from abstinence from food, so long as the stomach is irritable. In some severe cases we have found this the only remedy. (See 50, Bath list.)

DIET.

PERSONS subject to acidity of the stomach, and eructation and biliousness, with furred tongue, should take the following anti-acid food:—

Broiled or roasted lamb, mutton, fowls, game, turkey, broiled (not boiled) cutlets of codfish, halibut, turbot, soles, plaice, trout, grayling, haddock, whiting, baked puddings of semolina, macaroni, vermicelli, Brown and Polson's corn-flour, without fruit or much milk, roasted potatoes, peas, beans, asparagus, spinach, parsnips.

Those with a clear red tongue, which shows inflammatory action of the stomach, take the anti-alkaline:—

Boiled mutton, beef, veal, bacon, fowls, soups, broths, beef-tea, boiled puddings or baked of rice, sago, tapioca, arrowroot, Colman's British corn-flour with milk or fruits, brocoli, cabbage, cauliflower, carrots, gelatine, jellies, jams, dried fruits, or pickles.

UPON THE ADULTERATION OF BREAD.

"THE bakers have discovered how to bake from damaged flour—by adding sulphate of copper, a poison, to the dough—a bread in appearance and external properties as beautiful as from the best flour. This mode of improving its physical properties of course deteriorates its chemical properties. Alum has the same effect as sulphate of copper, since phosphoric acid (contained in wheat flour) forms with the alumina of the alum a compound hardly decomposable by alkalies or acids. The addition of alum may perhaps explain the indigestibility of English bakers' bread, which strikes all foreigners."—*Baron Liebig's "Letters on Chemistry."*

"Bread should consist only of flour, yeast, and water, with a little salt. Such is the composition of genuine home-made bread, the flavour of which is so agreeable, and also so very different from that of ordinary bakers' bread. The bread we eat is saturated with alum and "stuff," and it behoves us to be careful how we add to the large amount of saline matter daily ingested. Our forefathers considered, and we think rightly, that to adulterate food, and to convert that which should be a source of health and strength into one of injury, disease, and death, is no light offence."—*Lancet.*

"Bread is frequently made of flour adulterated in a variety of ways, usually with bean-flour and alum, in variable but injurious quantities. This gives rise to acidity and flatulency, and often leads to permanent dyspepsia and ill-health. Adulterated bread, deficient of the proper quantity of gluten, which gives the heart to bread, ill sustains the strength of the working man; further, the alum makes unsaleable and unsound flour apparently sound, causes flour to absorb more moisture, and when consumed in bread occasions constipation."—*Times.*

"Unadulterated bread is never very white. It can be made so by means of such adjuncts as alum, sulphate of copper, &c."—*Medical Times and Gazette.*

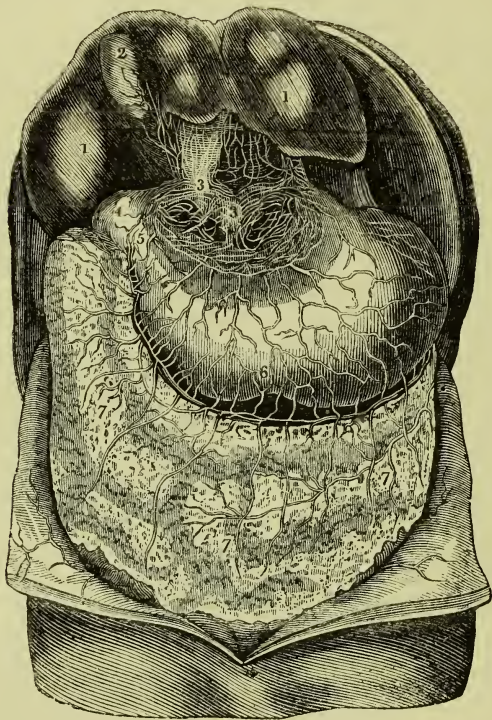
"The very white loaf of the bakers is in close conjunction with a very blue devil, in the shape of dyspepsia."—*Medical Circular.*

"Alum in bread has come into use, causing about ten thousand indigestions a week. And then comes the doctor, to whom the baker is the best friend he has. We have a private opinion of our own, that if bread were nothing but bread, the mortality bill would decrease a remarkable per-centage."—*Chambers's Journal.*

GANGLIONIC NERVOUS SYSTEM, OR NERVES OF NUTRITION.—I only give one engraving of this system; they, however, are easily comprehended from the other engravings of nerves, and only differ in appearance by being mostly ganglionic or knotted in groups. They have no common centre, but spread over the entire body wherever nutrition is required, and that of course is in every large or minute part of the frame. Lardner, in his "Animal Physics," has some beautiful cuts of this system of nerves, one large cut showing the ganglionic nerves of the whole body. The reader is referred to my notice of this fourth order of nerves, at pages 24, 25.

"The organic nerves are spread out in countless numbers upon the great trunks of the arteries, so as to give them a complete

envelope; these nerves, never quitting the arteries, accompany them in all their ramifications, and the fibril of the nerve is ultimately lost upon the capillary termination of the artery. It is by these organic nerves that the stomach is enabled to perform its organic functions, which, for the reason assigned, is placed beyond volition, and is without consciousness. By the nerves derived from the sentient system, which mingle with the organic, the function of nutrition is brought into relation with the percipient



VIEW OF THE ORGANIC NERVES OF THE STOMACH.—*Dr. Smith.*

1. Under surface of the liver, turned up, to bring into view the anterior surface of the stomach. 2. Gall-bladder. 3. Organic nerves enveloping the trunks of the blood-vessels. 4. Pyloric extremity of the stomach and commencement of the duodenum. 5. Contracted portion of the pylorus. 6. Situation of the hour-glass contraction of the stomach, here imperfectly represented. 7. Omentum. The electricity or vital power in the nerves, 3 3, cause the chemical change of food in the stomach, and is the first commencement of action in digestion.

mind, and is made part of our sentient nature. By the commixture of these two sets of nerves, derived from these two portions of the nervous system, though we have no *direct* consciousness of the

digestive process—consciousness ceasing precisely at the point where the agency of volition stops—yet pleasurable sensation results from the due performance of the function. Hence the feeling of buoyancy, exhilaration, and vigour, the pleasurable consciousness to which we give the name of health, when the action of the stomach is sound : hence the depression, listlessness and debility, the painful consciousness which we call disease, when the action of the stomach is unsound : hence, too, the influence of the mental state over the organic process ; the rapidity and perfection with which the stomach works when the mind is happy—when the repast is but the occasion and accompaniment of the feast of reason and the flow of soul, the slowness and imperfection with which the stomach works when the mind is harassed with care, struggling against adverse events, or is in sorrow and without hope, when the friend that sat by our side, and with whom we were wont to take sweet counsel, is gone, and therefore gone that which made it life to live.

“Renovation is the primary and essential office of the stomach, and its organic nerves enable it to supply the ever-recurring wants of the system. Gratification of appetite is a secondary and subordinate office of the stomach, and its sentient nerves enable it to produce the state of pleasurable consciousness when its organic function is duly performed. By the double office thus assigned it, the stomach is rendered what Mr. Hunter named it, the centre of sympathies.”—*Dr. Smith.*

The electricity in these nerves gives power to every part of the body to attract nutriment from the blood as it rapidly passes in the blood ; destroy these organic nerves by caustics, incessant sloughing and cancer are the certain consequence, hence thousands are destroyed by such means, as well as setons, and issues, and scarifying, or the application of mercurial ointment.

THE STOMACH, LIVER, BOWELS, &c.

THE organic or nutritive nerves are spread throughout the body but have no common centre, as the cerebral spinal nerves have. The principal plexus, or mass of these nerves, is at the stomach, because there the first operation on the dissolved food, or chyme, as it is called, is to be performed—that is, the chemical change is there to be first communicated through the organic nerves. When there is good healthy power in these nerves, the change is perfectly made. The matter passes through the pyloric orifice into the duodenum, a Latin term, signifying twelve ; from which word this first bowel, or second stomach, derives its name, being supposed to be generally twelve inches long. Here another important addition is made by the bile conveyed into the duodenum by the gall-duct from the gall-bladder, and also by the addition of the pancreatic fluid, from the pancreas, or sweetbread, by another duct. The alimentary matter then passes into the small gut, which is supposed, on an average, to be about twenty-eight feet in length ; and on its passage through, as will be explained, the principal part of the nutriment is taken up and conveyed into the circulation for the support of the body. The insoluble part, with the fecal secretion drawn out of the blood into the colon, forming what is commonly

called the stool or excrement, passes through this colon, or large gut, and is discharged at the anus. The colon rises on the right side, near the groin, where the celiac valve is situated, ascends upward toward the liver, across the top of the bowels, and then descends down the left side, turning and lying on the spine in the lower part of the back, passing downwards to the anus or seat.

The twenty-eight feet of small gut is attached to a fatty membrane, called the mesentery. Under this mass of fat, running upwards along the spine, is a main tube, or as it is termed, the thoracic duct, because it rises up to near the throat on the left side. From the lower part of this tube, or thoracic duct, there are vast numbers of smaller ones, which pass into the bowels protected by the mesentery. These, called lacteals, or absorbents, project a short distance into the bowel, where they come in contact with the digested food passing through it, and from whence, by their electric power, they absorb the juice out, and convey it to the thoracic duct, by which it ascends to the front of the left breast, near the top of the shoulder; and there it enters what is called the left subclavian artery. This subclavian artery contains exhausted blood brought round to be renewed. The contents of the thoracic duct are here mixed with this exhausted blood, which then passes downward into the right valve of the heart. This valve opens to receive it, and then, by its muscular power of contraction, forces it into the lungs, where the fluid, which is then of a dusky colour, comes in contact with the air and imbibes oxygen, which changes it to scarlet, and thus enriched and renewed, it is now fit, as fresh material, for absorption into muscle, bone, &c. The renewed blood now passes into the left side of the heart, and from there it is pumped into the large tubes called arteries. Vast numbers of very minute vessels or tubes, called capillaries, proceed into the flesh from the arteries, and round the bones, and to every part of the frame, where, coming in contact, each part by its *vis vitæ*, or electrical property, has the power to take out of the blood the material fitted for its peculiar support and structure.

The absorbents before named take up from the bowels, into the thoracic duct, out of the digested food, any juices, without choice or selection; these juices have then to be purified, principally by passing through the lungs, liver, kidneys, and a number of other glands.

The blood enters the substance of the kidney by arteries, from which small sprig-like branches arise, terminating in a knot of veins called malpighian tubes. A uriniferous tube covers this, and by its electric power draws out of the blood, through these knots of vein, the urine, together with phosphate, urea, and other matters not required for nutrition. When these knots of delicate structure become inflamed or diseased, by alcoholic drinks or other bad matter in the blood, they allow the rich and nutritive parts of the blood to pass with the urine, and soon, as in diabetes, rapid waste of the body takes place.

The liver takes out of the blood, by its electrical power, or *vis vitæ*, the proper material to manufacture into gall, which, when made, is deposited in the gall-bladder, situated between the lobes of the liver, and by the pressure exercised by those lobes upon the gall-bladder, the gall is forced into the duodenum, and is the natural stimulant or purgative acting upon the bowels. If the

electrical power of the nutritive nerves is weakened by alcoholic drinks, and the use of tobacco especially (a slow but sure poison), or by improper food, the bile or gall is not taken out of the blood—it continues to circulate through the body, carrying mischief wherever it comes in contact with these delicate nerves, and, if relief is not given, produces jaundice, and what are termed bilious complaints. When the gall is of a bad quality, irritation of the mucous membrane and nerves of the duodenum is caused, and instead of the bile passing, as it ought to do, into the bowels, it finds its way upward into the stomach, and is thrown off by vomiting, or passes downwards, irritating the bowels, and causing diarrhoea; and this is the way many have to pay for the pleasures of the pipe and indulgence at table.

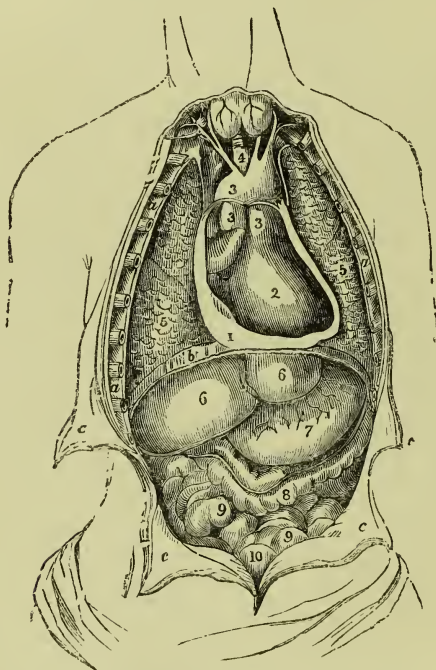
The liver acts also as a nutritive organ, forming sugar out of the exhausted blood, and carrying it into the circulation; and also in forming the red corpuscles, which must be present in healthy blood, which is of a light crimson colour. A large amount of impurity in the blood is thrown off by the lungs, which also absorb oxygen; this, coming in contact with the carbon in the blood, produces combustion of that substance, and so gets rid of impurity. When a person has fetid breath, the blood is in a bad state, and this should always give the alarm to rectify the impurity by proper diet, attention to the skin, &c., before the disease increases, and typhus fever or inflammation result.

On an average, one hogshead of blood passes through the heart and lungs every hour, and calculation shows that entire circulation of the quantity contained in the body takes place in from one to two minutes. A power equal to four cwt. is exercised by the lungs in drawing in the air into the bronchial tubes and air-cells, and of three cwt. in expelling the air out of the lungs. It is supposed the linings of the bronchial tubes and air-cells around which the blood circulates to come in contact with the air in the tubes and cells, pass a surface or area exceeding thirty thousand square inches. Besides the liver, lungs, and kidneys, other organs act as purifiers to the body. The skin, with its three thousand pores to every square inch, throws off from an average-sized person one to two pounds of impure matter every twenty-four hours by insensible perspiration. There are, it is supposed, on an average, twenty-eight miles of these minute corkscrew-like ducts or conduits to let out the perspiration. Then there are as many pores, called absorbents, to the minute capillaries or small blood-veins, to give them oxygen, and to cause combustion of innutritious matter. Hence the necessity of breathing pure air, and keeping the skin cleansed of dirt and excretions, which otherwise would be re-absorbed; and also the necessity of having under garments frequently washed, or they will become charged with this fetid matter, and will restore it back to the system by the absorbents.

The extensive system of lymphatic veins and glands distributed throughout the body absorbs matter, purifies it, and returns the nutritive part into the system, and the rest into some of the channels which carry useless residue away. The glands perform a very important office, and act extensively as chemical laboratories in preparing nutritive matter for assimilation; beyond the fact that they have this power, little is known of their complicated and delicate structure. The wonderful organism of the human frame

taken in all its parts and workings, is altogether past comprehension. It would make this description too complicated to go into all the minute particulars of the structure and working of the various parts of the frame.

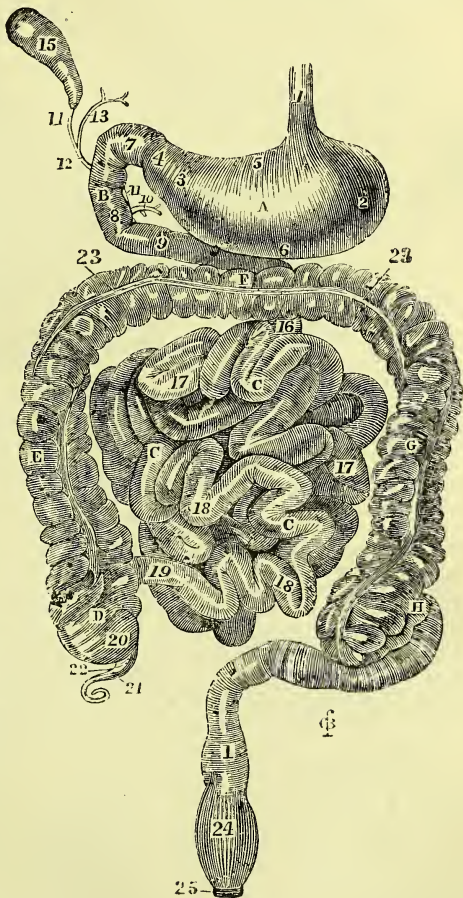
a, The cut edges of the ribs, forming the lateral boundaries of the cavity of the thorax; *b*, the diaphragm, forming the inferior boundary of the thorax, and the division between the thorax and the abdomen; *c*, the cut edges of the abdominal muscles, turned



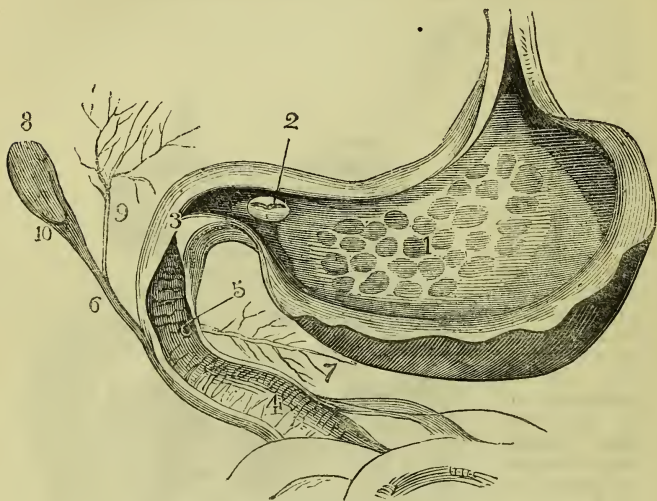
aside, exposing the general cavity of the abdomen; 1, the cut edge of the pericardium turned aside; 2, the heart; 3, the great vessels in immediate connection with the heart; 4, the trachea, or windpipe; 5, the lungs; 6, the liver; 7, the stomach; 8, the large intestine; 9, the small intestines; 10, the urinary bladder in the male; the womb occupies the place in the female, and the bladder more to the right side.

THE STOMACH, DUODENUM, COLON, SMALL BOWEL, AND RECTUM.—*From Quain.*

Fig. 1, the œsophagus · 2, the great or cardiac extremity of the stomach ; 3, its lesser or pyloric end ; 4, a constriction corresponding with the pylorus ; 5, the superior, or lesser curve o. the stomach ; 6, its inferior, or greater curve ; B, the duodenum ; 7, its ascending portion ; 8, its descending portion ; 9, its transverse portion ; 10, the termination of the pancreatic duct, opening into the descending portion of the duodenum, near its inferior angle ; 11, the termination of the ductus communis choledochus ; 12, the ductus communis choledochus ; 13, the common hepatic ducts ; 14, the cystic duct ; 15, the gall - bladder ; C C, the small intestine ; 16, the upper part of the jejunum, where it is continuous with the duodenum ; 17, 17, the jejunum ; 18, 18, the ileum, of a lighter colour than the jejunum ; 19, the termination of the ileum in the large intestine ; D, the cœcum ; 20, the cul-de-sac of the cœcum ; 21, the appendix vermiformis, connected with the cœcum by a delicate mesentery, 22 ; E, the ascending colon ; F, the transverse colon ; G, the descending colon ; 22, 23, the longitudinal bands of muscular fibres which produce the peculiar sacculated character of



the colon ; H, the sigmoid flexure of the colon ; I, the rectum, in which the sacculated appearance is lost ; 24, some of the longitudinal muscular fibres seen upon the rectum ; 25, the sphincter ani



THE STOMACH.

1, mucous membrane, forming the rugæ ; 2, pyloric orifice opening into the duodenum ; 3, duodenum ; 4, interior of the duodenum, showing the valvulæ conniventes ; 5, termination of ; 6, the biliary or choledoch duct ; 7, pancreatic duct, terminating at the same point as the choledoch duct ; 8, gall-bladder removed from the liver ; 9, hepatic duct proceeding from the liver ; 10, cystic duct proceeding from the gall-bladder, forming, by its union with the hepatic, a common trunk, the choledoch.

PHYSIOLOGY OF THE STOMACH.—Dr. Pavy gives a simple physical reason why the stomach is not destroyed by the solvent power of its own gastric juice. He says that in a state of health the blood is always alkaline, and the gastric juice acid. The introduction of food into the stomach causes an influx of blood to that organ, as well as determines a secretion of gastric juice, and he conceives that the alkalinity of the former fluid protects the stomach from the action of the latter, but in deranged health these conditions are more or less changed, and hence inflammatory action of the stomach, which condition, if greatly changed, brings on cancer of the stomach. It will be seen from this how dangerous soda and all alkali is, which weakens the blood power.

The public are generally surprised to hear that the principal operation of digestion is accomplished in the small bowel, which is usually five times the length of the person. A person six feet

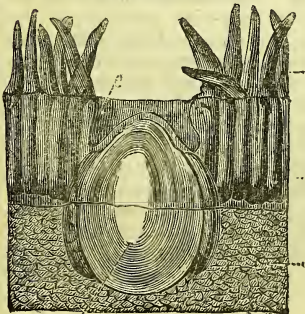
high will have thirty feet of small bowel, and through the whole of that length digestion goes on by aid of the Peyer's and solitary glands. The matter is then absorbed by the intestinal villus, as in cut, and conveyed through the mesenteric glands, as shown in cut, to the thoracic duct; from thence it is carried to the left sub-clavian artery in the left breast, where it is joined by the exhausted blood. Both together go into the heart, then propelled to the lungs, to be oxygenised and made into scarlet arterial blood; and then returned to the other side of the heart to be propelled through the body for its support. The terrible mischief and destruction caused by purgatives will be seen from relaxing and poisoning the intestinal canal.



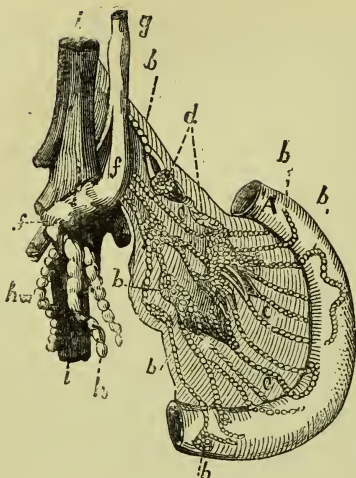
Part of a patch of Peyer's glands from the inside of the small bowel, showing also the intestinal villus, or absorbents which take up the nutriment out of the digested matter or chyme in the bowel, and convey it to the thoracic duct.



One of the solitary glands in the bowel; all these glands either take up matter and change its character, or they give out matter to aid in the processes of assimilation.



Side view of a portion of intestinal mucous membrane imbedded in the submucous tissue. The small points project inside the bowel, and take up the nutriment.



A portion of small bowel attached to the mesentery, showing the lacteals proceeding through the mesentery to convey the nutriment from the bowels to the thoracic duct. The dotted appearance of the lacteals shows the glandular structure, and in these glands the chyle or nutriment undergoes an important change before it reaches the thoracic duct.

A A, a portion of the small intestines (jejunum); b b b b, lacteal vessels; c c c, the mesentery; d d, mesenteric glands f f, the receptacle of the chyle; g, thoracic duct; h h, lymphatic vessels from other parts of the body; i, the aorta.

PILES WHEN CAUSING EXTREME PAIN.—Apply fomenting pad squeezed out of very hot water to the painful part whilst preparing 98; and after 98 have 144, with 153 same time; afterwards rub over the trunk and legs with tepid wrung-out towel; then well wrap thighs and legs with new flannel strips, and, if to be had, sciatica leg-cases over (see page 174). If a band of damp spongio kept on the seat all the better—169 or 171. If no relief first operation, repeat until ease, or the piles bleed freely—48 would do good next day. These severe seizures come on generally from cold, and warmth only will bring vitality to the parts, and remove the congestion. After the severity of the attack is over, these hot applications will not be suitable, as they would relax too much. Of course, persons subject to these attacks must avoid all means of aggravating them, or bringing them on. Sitting on soft cushions, much walking or riding injurious, and all stimulants, and especially aperient medicine, or tobacco; stimulating seasoned food bad. The application of our pomatum (see page 334) useful, and allays irritation. No caustic or cutting. The common idea that the bowels must be made to act every day—by aperients, if not naturally—is sure to bring on piles, or disease of the rectum and small bowel. Castor oil is particularly injurious, and will bring on piles in a healthy person. Castor oil is acrid, and highly injurious to the stomach and bowels. The use of any kind of purgatives, aloes, for instance, causing piles in a previous healthy person.

But to go to the real origin of this troublesome and often fatal disease, which brings on organic disease, we must consider the law of circulation of blood. Arterial blood must be forced to the rectum and anus for nutrition of the parts, and there at the terminal points of arterial circulation the blood which has become exhausted of its nutritive qualities enters the venous circulation (see cut of veins, page 155). The valvular system in the veins propels the venous or

exhausted blood up through the rectum to the liver, to have the gall or bile extracted, for stimulating the bowels to action. (See cut page 89, where it is shown how the gall and pancreatic fluid enters the duodenum, and so into the small bowel.) Now, if the liver is congested by improper living or by sedentary habits, the venous blood circulation is impeded; the pressure from the heart's action on the arteries goes on forcing arterial blood into the rectum; the venous circulation is impeded by congestion of the liver, and the result is that the veins become gorged and distended, as shown in cut, and burst. This lets out the excess of dark blood, but only to fill again, so long as the liver cannot perform its duty. Sometimes, as seen in cut, the gorged veins protrude outside the anus, and cutting or strong acids are used; they give temporary relief, but lay the foundation of fistula and chronic abscess. I have had cases operated upon twenty years previous to coming, who have suffered more or less all the time from operations, and in some cases even with abscesses formed in the rectum, and pronounced incurable, and, in fact, the patient left to die, but by our renovating treatment has got sound. But when piles are bad, and have been of long standing, great patience, great resolution as to diet, drinks, and habits of life must be exercised, if a miserable state of existence is to be avoided. (See Treatment for Piles.)

The habitual use of sitz baths, cold in summer and autumn, with a small quantity of water in, say five or six inches, and a little tepid in winter, would prevent diseases of the rectum. The ladies' sitz is most convenient (see cut), or the ascending douche (see cut). A ladies' sitz or ascending douche in the water closet, to use after a motion, is very invigorating to the rectum and spine.

FISTULA.—Treatment of case of fistula of a lady who had been under all the usual routine of medicine and doctors' appliances without any avail, and whose shrieks were most terrible when action of bowels took place, and for hours extreme pain lasted, so that when she came to our Establishment she was worn to a skeleton. My wife immediately commenced with our soothing 231, and applying linseed 220 to the affected parts, and used 58 with our "Home Apparatus Steamer," which is very effectual, and can be used to any part of body, by directing the gutta-percha tube to the needed parts. She also found 130 and 131½ very useful, for sleep had nearly left her. 214 and 195 kept the heat also in lower limbs. With the use of the bed-pan, therefore, she never allowed the departure from the horizontal position till nature had in some measure healed the sore; then commenced with gentle and warm 119½, 105½, and what slight spinal treatments she could bear, but did not allow any walking or standing. The result is that a perfect cure was effected, and nature's actions are as natural and easy as an infant's, and gaining a stone in weight was a proof that the good blood was renewing the whole body.

SLIGHT TREATMENT FOR PILES WHEN BLEEDING AND TENDER.

No. 123 morning and night, except when 78½ is required, and "foment" with warm pad (not hot) the tender part during each. During the day take 105, with tepid vinegar and water, for two or

three minutes; not enough vinegar to cause much smarting, and, if able, repeat this three or four times a day, and a gentle 119½ after each.

13½ or 20 also occasionally, and body bandages, varied according to the time of year and strength of patient. (See Bath list 105¼.)

DISEASES OF THE RECTUM (*the last part of the bowel*), **PILES, AND FISTULA.**—The following engraving is from “Quain’s Diseases of the Rectum; the illustrations in the work



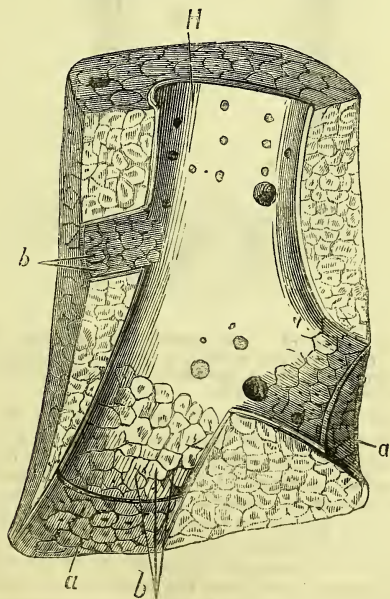
The bowel being partially laid open and stripped of the mucous membrane, enlarged and tortuous veins are shown, terminating in the hemorrhoids (piles), which are seen to hang below the sphincter. *a*, the cut edges of the bowel at the upper end of the division; *b*, the sphincter; *c*, hemorrhoids, where cut through; *d*, the veins outside the gut; *e*, the veins within, seen to be large and tortuous; *f*, piles formed by the congested blood-vessels being distended.

are finely coloured. I have inserted these for the purpose of showing the nature and cause of piles, a complaint so common from drinking ardent spirits and other alcoholic beverages, from

sedentary habits, taking purgatives, calomel, castor oil, salts, or any aperients, and especially spirits of wine, which clog, and the want of cold water application in the form of sitz baths. The blood veins are shown gorged and enlarged from want of muscular power in the vein to propel the blood, causing distension, and eventually permanent enlargement and abscess.

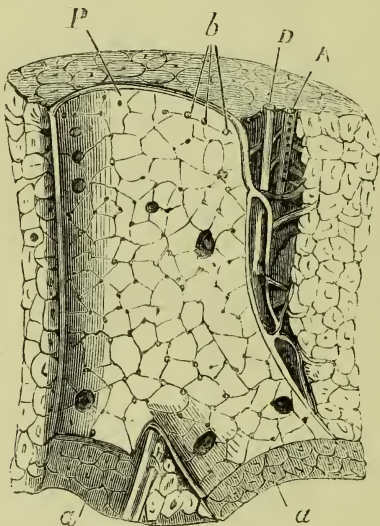
IRRITATION OF THE ANUS OR SEAT.—This is often a very troublesome ailment. Sometimes it is caused by worms in the intestines; it is, however, a very common complaint without worms; in these cases, it proceeds from inflammation of the mucous membrane lining, and that inflammation from stomach derangement, the inflammatory action communicating from one part to another, as the mucous membrane lining the stomach and bowels is one continuous network. Abstinence from all stimulants and flesh-meat, coffee, salt provisions, and the use of the sitz bath, 70 degrees, for four minutes, two or three times per day, is the best relief we have discovered. Aperient medicines will cause the irritation; and tight-fitting clothing to the part, sitting on sofas or soft chairs, causing an injurious degree of heat and keeping in perspiration. Cane-bottom chairs are by far the best. 105½ hot soap-suds five min., 119½, pomatum.

THE LIVER.—Until within a comparatively recent period, the entire functions of the liver have been little understood, and little



H, longitudinal section of a hepatic vein; a a, portions of the canal, from which the vein has been removed; b b, orifices of ultimate twigs of the vein, formed by the capillaries of single lobules.

has been written on the subject. Budd, on the Anatomy and Functions of the Liver, is considered the best work. The liver has been, and is now, too commonly considered with respect to its office, as merely an organ for purifying the blood of the bile or gall, and applying it to the stimulating of the bowels. This is one important office which it performs; but it has other important functions as a blood-making organ, and from this not being taken into account in the treatment of disease, serious errors are committed by giving strong doses of medicine, which so weakens the organ that its power of forming nutritive matter for enriching the blood is sometimes destroyed. Saccharine matter, or sugar, and the red corpuscles in healthy rich blood, are extensively formed in



Longitudinal section of a small portal vein and canal. P, the portal vein; A D, the accompanying artery and duct; a a, portions of the canal from which the vein has been removed; b, orifices of ultimate twigs of the vein springing immediately from it.

the liver, and pass into the circulation. When the exhausted blood enters the liver by the hepatic artery, or vein, it has no red corpuscles, but is charged with impurities drawn out of the various tissues, exhausted mucous, and lymphatics, here the blood is subject to a process through the electric power of the ganglionic or nutritive nerves, by which the impurities are formed into gall, and deposited in the gall-bladder, from where it is expelled through the gall-duct, into the duodenum, where it mixes with the digested food and pancreatic juice, from the pancreas or sweetbread, and passes into the bowels, where it acts as a stimulant.—*From Dr. Budd on the Diseases of the Liver.*

LIVER COMPLAINTS are commonly shown by the yellowness of the complexion, and what is ordinarily termed biliousness.

and thus coming in contact with the sensitive nerves in the brain. For the anatomy and functions of the liver, see cut. As liver complaints arise from various causes, I can only, in this limited work, give some general advice. Budd, on the Liver, and others, give more particulars of the causes than I can have space for in this work. The most ordinary symptoms of disordered functionary action of the liver are, as I stated above, the yellowness of complexion, nausea, headache, &c.; the bile, from want of electrical power in the organic nerves, is not taken out of the blood, arising from over-fatigue or improper food, but goes on circulating in it, sickening every part of the body it comes in contact with, until the blood is so impregnated that jaundice is often produced. What bile does pass into the duodenum, or small stomach, is so acrid that the delicate nerves in the mucous membrane cannot bear the presence of it, and immediately expel it, either upwards by vomiting, or downwards through the bowels, causing diarrhoea. First, it is necessary to be careful that nothing is taken into the stomach to cause increased irritation; and as the stomach, duodenum, and bowels more or less sympathise, when there is obstructed action of the liver, little food, and that of a very simple kind, is best until these have recovered their tone. *No stimulants or coffee* should be taken; no milk, and the less flesh meat the better; and if any, a little cold lean meat cut fine, with bread and water, and no vegetables, but farinaceous puddings without egg. 147, with 13, 10; or 64 with 141, 19; or 69, 141, 19, and 48 often; also 50, with 141, 10; also 59. Bandages 169, if 165 not warm, with 172. Whenever, from over-fatigue, I become bilious, I find foment pack 46 soon restore me; generally one is sufficient, or 98 at bed-time ten or fifteen minutes, with slight 11 and 168 $\frac{3}{4}$, 220 under, or 174, with 169 $\frac{1}{4}$ in night, and 234 in day, all slightly wetted. When there is chronic liver disease, then the pack No. 48 and 49, as described in this, is very useful. The wet body bandage, worn night and day, is very beneficial, as well as 47, 69, 44 $\frac{1}{2}$; sitz baths 98, 115 $\frac{1}{2}$, having the feet in hot mustard and water. No. 98 or 99 useful. Sometimes persons who have been in hot climates, and have there lived irregularly, suffer afterwards from atrophy, or waste of the liver; this is never cured, but life may be prolonged by care and the use of gentle hydropathic remedies. Such cases are often free from bilious vomiting, or nausea, and have fair appetite, but they cannot get nourishment from the food they take, and the countenance is pallid, the blood wanting the red corpuscles of healthy persons. Little can be done for such cases, as any strong measures, either in allopathic or hydropathic treatment, will only shorten their lives and add suffering. Care in food, with rest, and slight applications of water to the surface of the body, according to the lowered vital power, and the constant use of bandages, 233 in night, 234 in day, sometimes 220 with chillies is all that can be done. If there is continued sickness in these attacks, use the stomach pack No. 50 in list, and rest in bed. The ordinary way of treating liver attacks, by calomel, is shown strikingly by Dr. Gully to be destructive to life. Mustard plaisters may be freely used over the liver and stomach in bilious attacks; and

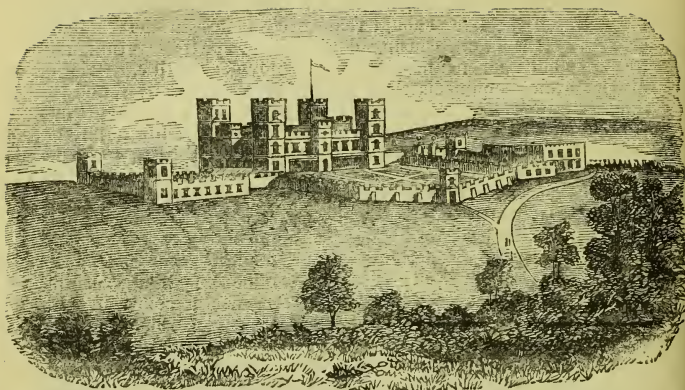
being a vegetable substance, no injury can arise therefrom, as is the case with blisters or mercurial ointment. From being constitutionally bilious, and having suffered from it for twenty years, I now scarcely ever know what it is, except from over-fatigue; and then a little rest soon sets me right. I can take a greater variety of food than formerly, with comfort, and I attribute this to entire abstinence from alcoholic drinks, and the daily use of hydropathic applications. The most painful and distressing affection of the liver is the formation of *gall stones*, from the liver forming impure bile, which becomes hardened in the gall bladder. These gall stones are sometimes of considerable size, and are forced through the small tube called the gall duct, sometimes rupturing it, and thereby causing death. Gall stones as large as a horse-bean are often passed, and the patient suffers the intense pain on the first passing of them, but often after is scarcely conscious when they pass, from the duct being enlarged. 47, 64, 141, 98 until pain is over, then 233 in night, 234 in day, 220 with chillies over painful part; 231 and 35½ very good; hot as can be borne. (See Treatment for Inflammation.)

CASE OF CONGESTED LIVER, LONG STANDING.—I have lately shown some cases of crisis to surgeons, and they have expressed their surprise at the powerful effects produced by simple water. One case, a gentleman, age about fifty, the right side very weak, the knee especially, and the whole side cold. This was caused by the obstructed venous circulation. For many years this patient had been under allopathic treatment without any material relief, and latterly was decidedly worse, which made him lose confidence in his doctor's prescriptions, and he came to me to try hydropathy. By applications to the skin, we soon got perspiration; then by our fomentations to the liver and bowels, Nos. 48 and 49, and our wet bandages, we soon set the stomach, liver, and bowels to work healthily; and now our object was to correct morbid action in the liver and in the viscera, but not by purging the bowels. We got a good deal through the skin, but this was not sufficient to cleanse the system. Nature had pointed out the place for effectual relief in the lame leg. We followed her hint, by using Nos. 141, 143, 137, 140, and 214, which shortly brought out a crisis, and laid the patient up in bed, with legs discharging fetid matter, apparently highly inflamed and swollen; appetite little, under this disturbance of the frame, and consequent apparent sinking. Our surgeon was alarmed with the case, and said, if it was his, he should have little hope of the man's life, and, moreover, would at once give generous diet and some stimulants.

I have named the case to illustrate the difference of our action. I replied I was quite certain that the patient would not only survive, but would become entirely sound in every part of his frame. We let Nature work, with a little assistance to cool any feverish feelings; stopped all animal food; gave only water or weak black tea to drink; and, when Nature had had time to perform her work, the patient became perfectly and entirely well, and has enjoyed excellent health ever since—now several years ago. I never knew this natural crisis do anything but good.

THE LIVER has probably the most important influence on not only the health of the body, but the efficiency of the mental powers, for when the liver does not perform its office in purifying the

want of ability for mental exertion or enjoyment of life. Grief or disappointments immediately lower the power of the liver, and the ignorant attempts at a remedy by stimulants and tonics aggravate the congestion and often destroy life, or render life a misery. Suicide is frequently the consequence of congested liver. The depression of spirits and the sickening influence of bile on the whole organisation makes life intolerable. We have had the pleasure of seeing thousands of our fellow creatures delivered from this terrible state, and taught the causes and effects and the remedy. Successful men of business go on in the enjoyment of health and good spirits until they meet with the lot of humanity, and some great, crushing disappointment prostrates them; then the doctor comes in with stimulants, good living, and, to crown the mischief, calomel to force the liver to act, which is very much like flogging a horse which has sunk from exhaustion. In a case of a friend of mine with strong heart-action not being able to propel blood through the congested liver, the delicate capillaries of the brain gave way, brought on a fit, and death. Our 48 liver pack, and our 168 $\frac{3}{4}$, 220, 169 $\frac{1}{4}$, night; 168 $\frac{3}{4}$, 174, slightly wetted, in day, would have saved him. Another friend came to me was told by his medical advisers that he had disease of the heart, and life was uncertain a day, which, of course, had a terrible depressing effect, causing more congestion of the liver, and depression of the nervous system. I laughed at his fears and the M.D.s' opinion, and got him hearty in six weeks, and now, four years ago, he has enjoyed excellent health and a knowledge how to keep it. Another case, a merchant well known to me, I was sorry to see sink from the same cause. Tonics, sedatives to give sleep, or rather stupefaction, good living, Turkish baths, and all the random orthodox treatment, brought on dropsy from sheer exhaustion, and death. Bilious subjects are often in a low state of health from not wearing thick outer clothing in our cold winters and springs, as there is always a low power of capillary circulation on the surface of the body. Avoiding purgatives, which are ruinous to such cases, using our body bandages 168 $\frac{3}{4}$, 174, slightly wetted, night and morning, 169 $\frac{1}{4}$ dry over all in night, keeps persons in good order who never knew what it was before to feel well. Persons should never come from their bedroom in a morning without a wash over (see "Home Treatment"), either tepid or cold, and sometimes 13, 10; a 98, if fatigued at night, with the body bandages to sleep in, will restore vitality; but if bilious subjects will not exercise great self-denial in food and drink, life must be an uncomfortable one—they must avoid all stimulating drink, pepper, mustard, and condiments, and moderate quantity of animal food if life is to be comfortable.



RIBES CASTLE, MATLOCK.

800 feet above sea-level, 600 feet above the river Derwent at foot of the hill.

DIET, CLOTHING, AND HABITS OF LIFE.

WITHOUT a firm resolve to conform to the laws of Nature in respect to diet, &c., no curative treatment will avail for health or comfort. Thousands, indeed by far the majority, both eat and drink what they are fully aware is not best for their healthy sustenance; and yet persist in such a course, merely to gratify their appetites; thereby bringing upon themselves much suffering, and shortening their lives. Some act thus from a natural taste for such things, and others from a dislike of being thought peculiar in their habits of life. Such are generally complaining of being unwell, and truly they may; and are constantly applying to the doctor for advice and physic, who can do nothing for them but give temporary relief by pills and draughts. The temperate use of plain and wholesome food, cleanliness, and taking proper open-air exercise, with that proper denial in abstaining from intoxicating drink, smoking, and other pernicious habits, and a strict government of the passions, will bring a certain profitable reward. I have not the slightest expectation of making all converts to simple living who read this book; but as my former pamphlet induced many to change their mode of living for the benefit of their health, I have no doubt this more extensive treatise, in which the hydropathic system is more fully explained, will have a similar effect in many cases. I have recently had two army officers in my Establishment, who were restored to comparatively good health during a short stay. They owned the benefit they received from our simple mode of living, and abstinence from stimulating drinks and tobacco; yet they declared it was impossible to avoid taking wine, spirits, &c., at the mess-table, and at the dinner parties they were obliged to attend, thus sacrificing health to foolish custom. A recurrence to late dinners, and the usual quantity of wine they

nerves attendant thereon, so materially promote. I and my wife have signed the total abstinence pledge not to use any alcoholic liquors, or keep them in our house, except for medicinal purposes; and, consequently, are not pressed to break it by our friends. This plan is by far the best; it sets a good example, and is a security against returning to an injurious practice. **DIET.**—The following is the simple plan of diet we practise, both at home and at the Hydropathic Establishment, and which we can recommend from experience to all. **BREAKFAST.**—Scotch oatmeal porridge, with little sugar and milk; brown bread and butter (*on no account hot buttered toast*); light boiled eggs, with cocoa made from the stewed nibs. A glass of water, with brown bread and butter, and a light boiled egg is, however, far the most wholesome. Some cannot do with brown bread. **DINNER.**—A moderate quantity of animal food, with simple vegetables, farinaceous puddings of rice, flour, tapioca, sago, semolina, &c., with stewed apples, rhubarb, or green fruit. Avoid all dried fruit, as the husk is indigestible, and what is called plum-pudding (made of flour, suet, and dried fruit) is especially so. When the puddings are removed, dinner should be finished; all after does harm. Water only for beverage. In all cases a very moderate use of animal food is the best. In any chest affection, or stomach or liver irritation, animal food is positively injurious from its stimulating qualities; and in cases of constipation of the bowels animal food will greatly increase the difficulty in the excrementary evacuations. In stomach affections, or weak digestion, I prescribe mutton, lamb, or fowl sandwich, without mustard, no vegetables, a little stewed rhubarb or pears. If persons will but confine themselves to simple food they will be amply rewarded with good health. **EVENING MEAL,** at six or seven o'clock, consisting of weak black tea, cocoa, brown bread and butter, eggs, or Scotch oatmeal porridge; nothing after this, except sometimes a cup of cocoa, without bread. Some constitutions may require something more, which should be a little bread and butter, and a glass of water about nine o'clock, or sago, or arrowroot. **ADVICE TO MINISTERS OF THE GOSPEL AND ALL PUBLIC SPEAKERS.**—Dr. Jonah Horner, in his excellent work on “Health: what Preserves, what Destroys, and what Restores it” (Ward and Co., Paternoster Row, price 1s. 6d.), in which there is also much important information in a popular form, says, “I know that many ministers of the glorious Gospel, who preach on week-nights as well as on the Sabbath, make a great mistake in taking suppers after their labour in the pulpit. I know well that they are frequently urged to it by the kindness of friends with whom they have their temporary abode. Frequently, also, they have walked some miles to their work; and a sense of fatigue after sermon, with, perhaps, a somewhat urgent appetite, plead strongly, but wrongly, for supper. Let such remember that *sleep* is the only legitimate restorer of nervous energy; and that food is for the supply of the waste of the tissues. Again, a demand is always made on the nerves for the digestion of food. You see, then, that at bedtime, when the brain and nerves are in the most exhausted

state, it must be improper to take food for that purpose which is best and most naturally answered by sleep." This will be found quite true in practice, although it is so opposite to popular opinion. Abstaining from animal food altogether, when pressed with mental exercise, will be found of great service.

The reason why bandages are only partially used at water establishments, thus causing great delay in restoring vital action, is owing to the imperfection of those used; they often really do more harm than good; which will be the case if a feeling of warmth is not produced by them. Body bandages can be thrown off at any time without any substitute, and without any fear of taking cold.

The body bandage is of great importance, and very beneficial in constipation of the bowels, liver, stomach, and affections of the kidneys, especially in pregnancy and internal irritation. It should be re-wetted morning and night. If there be inflammatory matter in the system, a crisis—rash or pimples will probably come out, and so produce a good effect, thus acting as a counter-irritant. When this is the case, and the rash becomes sore, or discharges, simply attend to the crisis treatment as in this book; and should it become hot in the night, re-wet it; morning and evening wash over the parts with warm water and brown soap. This bandage will not produce a crisis or rash in a healthy system; and it is only where there is inflammatory matter in the system, which is always dangerous remaining in, that any crisis will be produced. It is very useful at all times, in soothing the stomach, bowels, liver, and kidneys; and may be worn by public speakers and ministers, on occasions of much exertion, with great benefit; however much the bandage is worn, no injury will arise. I wear it for weeks together when I have much work to go through; and never have any rash or crisis in consequence. It also tends to allay thirst, and is used by workmen in stone quarries and iron foundries, where the work is hot, for this purpose, and for support to the back. In cases where much medicine has been taken, the stimulating effects of the baths and bandages throw it off in the crisis, upon the non-vital organs, the legs, arms, and surface of the body; and so entirely replace the vitiated tissue by new and healthy formation. Wherever there is disease in the system, there the crisis will show itself, relieving the parts most affected. (See Bath list 163, &c., and 233 to 236.)

HEADACHE, or Heat in the Head. — Wash the head in very hot soap and water, then sponge with tepid water, and put on head bandage, No. 215 in Bath list; also 130, 131, good.

ELBOW BATH is very useful in any inflammatory action in the hand, arm, or shoulder. Put the elbow into a vessel about six inches deep, and keep it in five minutes at a time, and repeat four or five times during the day. If the inflammation is in the arm, the water must be tepid; if in the hand or shoulder, cold; as it is not proper to put every inflamed part in cold water.

HEAD PACK FOR NERVOUS HEADACHE.—Take a strip of flannel, about four inches wide, long enough to go twice round head; squeeze half of it out of hot water, and let the other half be dry to bind over the wet; then put on the skull cap (see list No. 215), squeezed out of cold water, and keep renewing both of the above till pain is gone. 131, good.

188, 178, 169, with warm water. Every forenoon 59, with 137 and 130, holding warm pad to bowels till begin to sweat, then use 13 with suds, then 31, and whilst in 31 two attendants rub well, and dry rub as 19½; then dress and 77. Head pack as above. When crisis fully out use treatment for liver disease, page 96.

VENTILATION OF BEDROOMS.—Too much importance cannot be attached to the ventilation of both day and night rooms, but more especially the latter. In our experience of disease, we see a very fruitful cause of the commencement of disease in confined bed-rooms, and have often had our efforts in the day counteracted by the unhealthy influence of a badly-ventilated room in the night. If one or two persons were shut up for nine hours in the day in the room they occupy in the night, and under the same circumstances of closed windows and door, and not moving out of the room, they would find it almost insupportable; nevertheless, asleep, they endure this every night, breathing the same vitiated air as if shut up in the day. No one can calculate the amount of disease and death from this cause; and it is the case in many first-class houses, as well as in cottages, although in the latter in a greater degree. In first-class houses, there is seldom provision made for ventilating the upper part of the room near the ceiling; and as to the grates in the chimney, high up, called ventilators, they do not carry away half the quantity of bad air accumulated, besides often not acting at all; because, unless there is a difference—and that pretty considerable—betwixt the inner and the outer atmosphere, there will be no draught; for as water finds its level, so will air. Finely-perforated zinc, about two inches wide, at the top of each door, is good, and makes provision—by means according to circumstances—to carry off the air in the top of the room. The fireplace will not do it. As to cottages where the bedrooms are next the roof, take off several ridge tiles, and lay every alternate one over the other, or cover with a wooden die, standing a few inches above the roof, and cover the opening over with perforated zinc inside, or any contrivance to get air. There is a totally unfounded prejudice against letting night air into bedrooms. Even delicate persons would be surprised what air they could bear when in bed, not only without injury, but with very great benefit. Thousands have their health ruined, or die of disease, by breathing bad air in confined bedrooms, without being aware of the cause.

FATIGUE AND COLD AFTER TRAVELLING.—On returning from a journey on a very cold frosty evening, and having had but little sleep the night previous, and little opportunity for a comfortable meal the day or two before, on arriving at home I took tea at six o'clock, and at eight had a hot shallow bath twenty minutes, soaping over well with common yellow soap and flannel pad; on coming out of the hot shallow, had sponge over with water nearly cold; dressed entirely, and felt thoroughly restored, and all fatigue gone; went to bed at usual time, slept soundly, and in the morning felt the delightful invigorating effects of the evening's bathing operations. Were this adopted after cold fatiguing journeys, many would be saved from illness and disease, as the

system often suffers from lowering of the vitality of the frame, for days or weeks after. Bath No. 98 will do as well at bed-time.

LOSS OF VITAL HEAT WHILE DRESSING.—This deserves especial notice; for, in cold weather, the good effect of the bath is often lost, and positive mischief done, by not fully dressing soon after the bath. Persons get their bath, get good reaction, and then let this subside by being exposed while finishing their toilet. They should avoid this in cold weather, or better not use water at all. Then, again, to feverish habits cold water is highly agreeable and refreshing; but in these cases great care should be observed to use cold water moderately, because it so much more easily excites the frame. Moderation will do great good in such cases, and take away the hectic flush, and soothe the feverish skin. Of all things avoid cold sponge baths and towel drying; have a sheet to dry with after the sponge bath, or any other bath. While the towel rubbing is going on, the body is exposed, and the vital heat rapidly evaporates, and, in delicate cases, to their great injury.

HOT WATER FOR RISING TREATMENT.—Have a tin can with a cover, to hold ten or twelve quarts of boiling water, taken to the bedroom at bedtime, wrap it in a small blanket, put it in an empty sitz, cover over with the end of the mackintosh sheet. It will be quite hot for morning use.

CRAMP IN LEGS.—Attend to 150 whilst preparing 138, or, if nothing at hand for 138 use 137, and keep hot pads on knees and thighs at same time. For some days after an attack, apply 141, 143, 144, whichever most comfortable, and wrap the legs in dry flannel strips. The general state of health ought to be attended to, as cramp arises mostly from disordered stomach (see Introduction before Title-page for Home Treatment). 35½ useful and safe.

CONSTIPATION OF THE BOWELS.—This formidable ailment we have never failed to overcome by simple water treatment, and without the assistance of any aperient whatever. Our experience and conviction is, that the bowels will never act naturally so long as any aperient is used. Constipation of the bowels is, however, only a symptom of ailments elsewhere. When the nervous system is in a low state, the blood poor, the circulation languid, there will be either constipation or looseness, as the proper action of the bowels depends entirely on good circulation of blood in the mesentric blood veins, giving power to the excretory vessels to draw out of the blood the excretive, and also in the vitality of the nerves, which cause the peristaltic action of the bowels. The primary cause of constipation is probably oftener caused by inaction of the liver; the gall is not formed, and passed into the bowels for their natural stimulant. No. 48 is good for this. See the intelligent article by Dr. Denham at the end of this book, on the folly and mischief of purgatives. Thousands are destroyed by purgatives, or suffer continually from the effects of them. All purgatives necessarily lower the vitality of the bowels, and are diametrically opposed to healthy function; but from the time-honoured, though vicious, plan of "*unloading*" the bowels by the ready way of purgatives, without any regard to the constitution of the organs, it is difficult to disabuse the public of the mischief and indeed the fatal results. The use of 163 night and day, or 168½, 174, with 172, and the home treatment. No. 69 good; Nos. 46, 48, 69, 78½, 225, 206, 210, or 208. Diet, no stimulants whatever, nor

used, or warm glycerine and water. No. 83 5 min. is good, and also see No. 78 and No. 78½, 114, 73¾. All these numbers refer to the Bath list in this book. 154 often good. If No. 163 is not warm, wear 171 over it night and day, and in night two No. 171 over 168¾, 220. Great warmth must be kept up over bowels. 73, good. 13, 10, 11, should often be used to get good circulation on the skin, and allow the waste of the body to come freely through the pores.

DISEASES OF THE BOWELS, commonly termed bowel complaints. The bowels are liable to various and serious diseases. The most serious, and which often proves fatal, unless taken in the early stage, is, inflammation of the mucous membrane lining, and its consequent destruction, when it passes off in the form of slimy mucous, and occasionally streaked with blood. When the bowels are habitually relaxed there is weakness in the nervous power, and consequent danger of disease easily, and by trifling causes, taking place. Such cases would find great and permanent benefit from the frequent use of the sitz bath 115½ or 115 twice a day; common spinal rubbing, 114, 113, 112, while in the sitz will be of much benefit, as well as rubbing the bowels while in the bath. Some with relaxed bowels cannot wear the body bandage, but when they can do so without causing irritation of the bowels, they will find much benefit from using it a few days at a time. 174, flannel ends.

DIARRHŒA.—When only slight attack, 67 (see Bath list), and using 105½ after each action of the bowels and applying 174, will prove sufficient; but should it not abate, 231 will be necessary, still using the 105½ as above. This latter removes any acrid matter, which generally lays in the rectum, and irritates and excites the frequent action. Diet is also particularly to be attended to. 211 will be the best—isinglass dissolved in cold water; and when jellied, take a teaspoonful every five minutes (this will take off thirst, and thus prevent the necessity of taking much water), and, if much pain, toast and water will be best, but only just warm: nothing hot should be taken. If the colic pains continue, and the disease assumes more that of Cholera, then the remedies laid down for that disease should be immediately and strictly followed. The general resort to opiates and chalk is most injurious, and leads to sad results, sometimes for the remainder of life; all stimulants also bad. When very faint, may have a little arrowroot water, and a teaspoonful of brandy put into a coffee-cupful, and take it nearly cold. This acts very differently as food to the same quantity of brandy in water. Perfect rest of mind and body are most requisite, and when the disease is over, the whole system should be comforted and renovated by a little tonic treatment, such as letter F, or U, or C, whichever suits best. (See Home Treatment.)

BOWELS, ENLARGEMENT OF.—Case of full habit. On rising, 73, with mustard pad to legs, then 12½. First forenoon, 60; second forenoon, 116½ to bowels, over pad, sitting, as 128; third, as first forenoon, and so on alternately, 171 dry, 168¾, 220 back and front.

CHRONIC INFLAMMATION OF BOWELS.—The general treatment we pursue in cases of chronic inflammation of the bowels and discharge of mucous is, to use very gentle treatment, with a view of soothing the whole frame, *and avoiding any strong reaction by cold application.* First, a very gentle fomentation for twenty to thirty minutes, followed by a sitz bath, 80 or 85 degrees, for three minutes, rubbing the bowels with the hand gently, and if 80 or 85 degrees feels too cold, have the bath 90 degrees. Besides this, have a lazy pack, No. 50, and a tepid wash down, or a tepid sheet on rising and at noon; a sitz at bedtime 80 or 85 degrees, for five minutes, and no rubbing, having feet in hot flannels at the same time. Avoid all stimulants and flesh meat while there is any discharge of slimy mucous; and avoid much exercise or mental excitement. Opiates are given largely for this disease; they only allay the pain, and forcibly stop the discharge, to some extent; but as opiates are entirely foreign to nutrition, the relief is only temporary, and the reaction greater. No. 67 is useful. A late workman brought on this disease by the use of tobacco. His fine fully-developed frame and naturally robust constitution had long withstood the deadening effects of this baneful narcotic; but he had at last to pay for the gratification of his appetite with many months of misery, and the shortening of his existence by, probably, twenty years. For the treatment of hopeless cases of this disease to the period of death, see Index, "Treatment for Dying."

Within the last fortnight we have been called on to administer relief to two cases, the suffering brought on entirely by the use of tobacco; and even our ordinary remedy for relief in dying cases was only partially successful; both are a good age, with very strong natural constitutions, but for many years have suffered from pains in the stomach and bowels, flatulency, and nervousness, and are now paying dearly for the gratification of the pipe by painful disease, hopeless of cure. Tobacco smokers never die without acute suffering in the stomach and bowels.

A youth, age about fourteen, is just come to our Free Hospital for chronic inflammation of the bowels, the bowels swollen and hard, tongue fiery red, with great thirst, and purging almost constant: the case appears to be almost desperate from being neglected. He is in the service of a butcher, and has brought on this attack by taking too much animal food, producing constipation and inflammation, at first acute, now chronic. Treatment ordered: as long as the purging continues have bath No. 67 and tepid water injections. When the bowels are quieter, Pack No. 50, mustard poultices to feet, and wet head-bandage, sipping a little water, not quite cold (never drink cold water in cases of inflammation); when the last wet towel is removed, the bowels sponged with a sponge squeezed out of tepid water, and put on wet body bandage wrung out of tepid water, and flannel wrapper over. A little rice well creed in water, or sago; nothing to eat or drink cold; all nourishment must be warm; no ale, wine, spirits, or flesh meat. This treatment, after twelve hours, has caused a visible improvement in the patient, who is after ten days convalescent.

THE HABITUAL USE OF PURGATIVES, however small the quantity, will eventually produce disease. The idea many have of the necessity of keeping the bowels "open" by purgatives often destroys the mucous membrane lining and the bowels will never

DIARRHOEA.—When only slight attack, 67; if foment can not at hand, use a loose hot shelf from your oven (see Bath list), and using 105½ after each action of the bowels, and applying 174, and sprinkle the spongio piline with *chillies*, will prove sufficient; but should it not abate, 231 will be necessary, still using the 105½ as above. This latter removes any acrid matter, which generally lays in the rectum, and irritates and excites the frequent action. Diet is also particularly to be attended to. 211 will be the best—isinglass dissolved in cold water; and when jellied, take a teaspoonful every five minutes (this will take off thirst, and thus prevent the necessity of taking much water), and if much pain, toast and water will be best, but only just warm; nothing hot should be taken. If the colic pains continue, and the disease assumes more that of Cholera, then the remedies laid down for that disease (see page 218, “Practical Hydropathy,” or 108 “Manual”) should be immediately and strictly followed. The general resort to opiates and chalk is most injurious, and leads to sad results, sometimes for the remainder of life; all stimulants also bad. When very faint, may have a little sago well creed in water, and a teaspoonful of brandy put into a coffee-cupful of this sago, and take it nearly cold. This acts very differently as food to the same quantity of brandy in water. Perfect rest of mind and body are most requisite, and when the disease is over, the whole system should be comforted and renovated by a little tonic treatment, such as letter F, or U, or C, whichever suits best; 236 dry in day. (See Home Treatment.)

WASHING OVER THE BOWELS.—In some obstinate cases of constipation of the bowels we order the bowels to be washed with hot soap and water and a flannel pad at bed-time for a few minutes: then to wipe the soap off, and rub a little glycerine in for five minutes; and after put on a dry flannel two or three thicknesses and sleep in it. This we have found answer when other means have failed, and especially with those far advanced in life or weak; it should be done in bed. One lady, seventy-two years of age, came for liver complaint and long constipation, and who by having this application for some weeks, with slight bathing, got entirely well, and has since enjoyed excellent health. (See also Bath list, 78½.)

WEAK BOWELS.—Use 163¾, 174, Bath list, slightly sprinkled in night; Bath list, 236 dry, day. Home Treatment, see Introduction before Title-page; see 106, 73, 73½, 114; see Diet, pp. 74, 82—no fruit, dry toast good, no stimulants.

RUPTURE OF THE BOWEL (HERNIA).

WE have no special treatment, but by attending to our Home Treatment (see letter C), and wearing the damped body bandage

under the truss, great comfort and relief will be experienced; and by the use of 86 or 107, and $73\frac{3}{4}$, and constant use of $168\frac{3}{4}$ or 163, cases have been quite restored, and able to leave off truss. The body bandage under the truss is a great security against aggravation of this complaint, and always safe.

ENLARGED HARD BOWELS.—Keep a large linseed 220 Bath list all round the trunk of body, and a spongio piline bandage over this regularly; the general treatment should be letters “SAMECH” (see Mrs. Smedley’s “Manual,” page 356). The sitz must be of the ordinary sort, not “ladies’,” and it must be deep enough to cover the bowels, and a large quantity of fine meal must be in each sitz; and instead of 70 use $78\frac{1}{2}$ at bed-time.

The young Marquis Graham died last week, age twenty-five, of enteric fever, or enteritis, or inflammation of the bowels. Our treatment for inflammation as stated in this work, by one of our bath attendants, would have saved him in three hours at most. Doctors are entirely helpless in such cases. When the inflammation or impeded circulation has set in, their opiates, stimulants, blisters, &c., are obviously useless, and so lives are sacrificed to an antiquated practice. Dr. Copland says—“The term enteritis is most commonly applied to the commonest form of acute inflammation of the intestines, namely that in which all the three coats of the canal are more or less implicated.” We have succeeded in curing every case of inflammation of the bowels we have had, or sent to, some of the severest kind. A lady friend of ours died a fortnight ago from the same disease, and left a husband and eight children. My wife would have sent a bath-woman, and saved her to a certainty, but two doctors looked on, helpless to relieve or cure, till she sank. They had no confidence in our treatment, although they knew it so well; prejudice again gained the ascendancy, and death the consequence.

This week Mr. — has died of enteric fever, so the doctors say, after about a week’s illness, age twenty-five. Now such a case would have been saved to a certainty, and quickly, by the use of our 47 Bath list, our 233, 234—220, before and behind our 137; but the doctor had nothing but internal remedies to apply, and he would know how hopeless the case was. One of my bathmen would quickly and to a certainty have cured such a case by our outward applications, bringing vital heat to the bowels, the deficiency of which was the cause of the attack, but which no drugs or stimulants given internally could reach. Another case in this week’s paper—the Rev. Professor Maurice, the eminent theologian, died in a few days of pleurisy. Here again the want of vital heat was the cause of the attack. The M.D.s could only blister, give purgatives and sedatives, under the idea of subduing the inflammation; but they subdued the life of the patient. Our 64, 141, &c. (see Inflammation), would to a certainty have cured him.

TREATMENT FOR CHOLERA: SAFEST, SIMPLEST, AND MOST EFFECTUAL REMEDY.—Immediately the severe cramping pains of cholera are felt, have a sitting bath or tub filled with water hot as the person can bear to sit in it with feet out, put as much mustard in as can be borne; if mustard bran can be got, it is stronger, better, and cheaper; feet in hot mustard and water, a flannel

then plenty of blankets to cover the bath and the person, all but the head, a mackintosh sheet or mackintosh petticoat over blankets best to keep in the heat; a cloth partially squeezed out of cold water over head; keep the person in this bath till spasms give way, however long, and keep up the heat of the water by taking some water out and putting in more hot water, which can be done without the person getting out by introducing the water in a small stream from a can with a spout inside of bath. When cramp has quite subsided, then have a chair with a dry blanket spread over it; let the person sit in it, covered with the blanket, feet and legs in hot mustard and water, sponge over the person under the blanket with sponge or cloth squeezed out of hot water, then the patient stand up and put a thick cotton sheet or warm linen one over the person and rub dry; the object of this covering is to prevent the body from being chilled by being exposed to the air; then put the person in bed, with the same pads well wrung out of the hot water before and behind, and also towels or pads wrung out of the same, hot water to legs and well wrapped up, if with a mackintosh sheet under the blankets all the better; wrap tight round the body the blankets, pads, and mackintosh; if no mackintosh sheet, use a mackintosh coat or plenty of rugs. Should pain return, repeat the hot sitting bath; many are lost for want of patience and perseverance until the attack is entirely removed; but if cramps do not return after the person is put to bed, then, after an hour or two, remove hot pads, and put on a hot bread poultice, in a bag, before and behind, about half an inch thick (a little chillies or cayenne pepper in poultice), well wrap up, and keep legs warm; keep in bed till quite convalescent; an upright position against recovery; keep in bed, and well wrap up with poultices two or three days, hot foot-bottle to feet all the time; take no liquid but toast and water, and for food a little cold meat, chicken, and bread—no slops or watery food; brandy or any stimulants, or any drugs, will only give momentary stimulus to the organs, and make them weaker after. Use great care for a week or two. Mackintosh hot water bag or hot can, or hot shelf of oven over poultice in bed, or afterwards, is very effectual.

The great point to aim at is to restore the vitality of the body; no remedies should be attempted but what will effect this in a natural manner.

Mustard bran can be got at mustard mills, 10s. per cwt., or from here in large or smaller quantities, or free to the working classes in this locality; and also mackintosh sheets, pads, or baths, at prime cost. A body bandage of spongio piline or water dressing damped, a good preventative of cholera.

TREATMENT FOR ARRESTING FEVER speedily, and which may be safely applied in all cases, delicate or otherwise. Keep in bed, apply 168 $\frac{3}{4}$, 220, 214 to legs and arms, 153 $\frac{1}{2}$, 215, and in addition to 215 rest back of head on a sponge squeezed out of cold water, placing a piece of mackintosh or oiled silk on pillow; if no sponge, use a piece of flannel doubled up instead; then renew

all these in cold water when they begin to feel warm, and when renewing them, sponge limbs and stomach with 70 degrees vinegar and water, and especially sponge under the armpits and about the thighs; also attend to 206. First treatment next morning 221 and 130, forenoon 131½ and 141; afternoon as morning treatment; bedtime, 13½. The first part of the treatment to be continued till fever subdued; 152 whilst fever is on. Du Barry's Revalenta, half milk and half water, 1 oz. to a pint, flavoured with a little sugar or little salt, cooling drink, as receipt in this book. No medicine of any kind, and avoid flesh-meat until quite well. Fresh air essential, and good ventilation.

SOOTHING FEVER PACK.—Use two towels instead of the wet sheet, one below, and the other above; after the patient has been in pack ten minutes, take the towels out, and have two other towels wrung out of cold water to replace them; wipe the body with wet cloth; go on replacing the towels every ten or fifteen minutes for one or two hours; sipping cold water during the time, then take a warm shallow bath, or tepid sponge over, 10 Bath list. This reduces fever rapidly. See 221 Bath list more particulars.

The above we apply in delicate cases, or where the patient is very low in vital power, allowing the towels to remain without replacing for one hour, and following with dripping sheet or shallow bath, 70 degrees.

TYPHUS FEVER is of altogether a different kind from scarlet fever, as it is owing to the impure state of the blood, and may be brought on at any time by bad air or diet, and the inaction of the purifiers—the skin, liver, and kidneys, &c. It commences by giddiness, prostration of strength, drowsiness, moist flabby tongue, with fetid breath, small and rapid pulse, intense heat, but not on the skin. Begin with the wet foment pack, 47. Remain in this pack three-quarters to one hour, then have a tepid dripping sheet, 19, or tepid sponge over, and then well dry with a dry sheet, not exposing the body to the cold. When this is done, wrap the body in dry blankets while another pack is prepared, and repeat the same operation as above, with the same after-treatment. Dress after the two packs, and lie down on a sofa or bed. Repeat this when the fever heat returns, until the fever is subdued, gradually abating the number as the fever lessens. It is to be borne in mind that this fever very greatly reduces the strength; the blood and tissue is poisoned with impure matter which, unless drawn out, soon becomes putrid, and of course destroys life. If the bowels do not act with the pack and hot pads, use 48 and an enema of warm soap and water. Wear the wet body bandage night and day, changing every two hours, if not too fatiguing; but it is essential to renew and wash the wet bandage, as it will draw out much morbid matter; the sheets and blankets should be well washed also, and often aired. 163 or 168¾, 174 slightly sponged or sprinkled with cold water, in day; and 163 or 168¾, 220 sprinkled with chillies, and 169¼ over all, dry, in night. If diarrhoea comes on, then 236 only, dry, night and day.

The great object must be to raise the vitality in the nutritive nerves, and especially of the stomach and viscera, and if they can be healthily stimulated they will soon work off disease by making good material for the blood. The arms and legs should also be kept constantly packed when out of the above-mentioned pack;

body bandage, having a fresh body bandage and fresh packings, that one set may be thoroughly cleansed of the fetid matter whilst using the other—not washing the limbs when changing the bandages, &c., as it would tire the patient too much, but wipe them with towel wrung out of tepid water.

These packs to the whole frame, and especially the fomenting pads, will stimulate the skin, the liver, and the kidneys to act in purifying the blood, and as soon as these organs can be got to work, nature will cure itself. Cold applications in the commencement of fevers, on reflection, will be seen to be injurious,—the system is deranged, the nervous vitality has lost its command over the functionary action, and any shocks by cold application cause too great reaction, which is only further drawing on the patient's strength. If the head is much affected, as it often is, a good-sized mustard poultice to the nape of the neck and top of the spine will be useful. Wipe this off dry, and renew it so as to keep up the redness. The throat, packed constantly, and bandages re-wetted and changed with the others. Continue this treatment until the fever is subdued, when great weakness will follow; then sponge the body over whenever the skin becomes hot and uncomfortable, not oftener, as not to draw further upon the strength by unnecessary fatigue. In this stage the water used may be 65 to 70 deg., washing the hands, arms, and feet with tepid water, or wiping them with cold wet wrung-out cloths frequently. During the height of the fever, the cooling drink, from receipt in this book, should be taken freely, with alternate sipping cold water. If the cooling drink causes any griping of the bowels, use water only. Drink whenever thirsty, as the water will be of great use in purifying the blood by promoting perspiration.

As to diet, during the height of the fever, the less food the better, and only of a liquid nature, as arrowroot, sago, or gruel, no bread nor flesh meat, nor any solids. When the debility comes on from the fever abating, shown by the pulse, &c., then give frequent spoonfuls of arrowroot or sago made with a dessert-spoonful of brandy to the pint. Arrowroot with boiling water poured over it is better than boiling it, as it has a more astringent property. As the patient becomes stronger and has a more natural desire for food, and there is no return of fever consequent on giving stronger diet, some beef tea and dry toast may be given, and so gradually go on increasing the diet, to some finely cut up lean meat, with bread-crumbs and a spoonful of beef tea over, but dry is best. No ale, wine, or spirits, except as above, but the usual diet as recommended in the early part of this book. Ale, wine, porter, or any rich food, or condiments, will derange the action of the liver and other viscera, and consequently the blood. The system must be nursed up with the plain cool diet, fresh air and good water, and rest. Patients very soon rally by the use of these natural means of helping the diseased body to regain its healthy condition, and it must be obvious how much is gained by the system not having a great quantity of poisonous drugs to throw off, besides the morbid matter, and the advantage of not punishing the stomach and bowels with what is so foreign and disagreeable to them, and which

they always expel as soon as they have power to do so,—but the organs do not come off harmless in the operation.

TYPHUS FEVER.

Matlock Bank, 16th January, 1872.

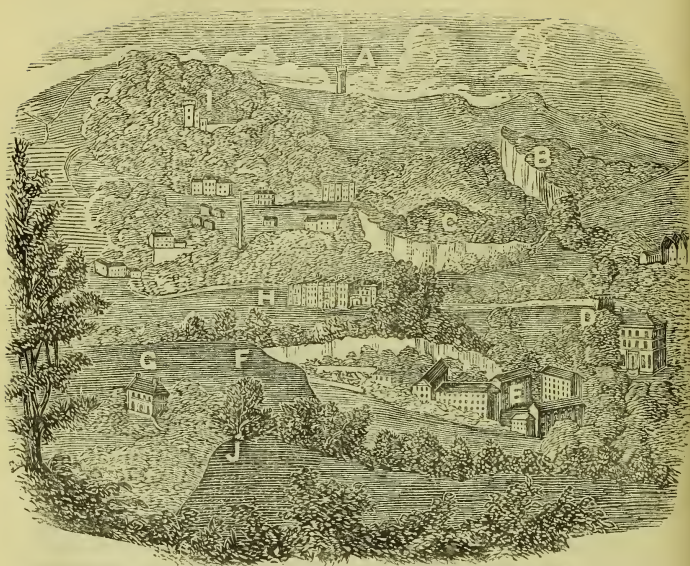
As to typhus or gastric fever running a course, nearly twenty years' experience has proved, with our simple treatment, to be a fallacy. Out of the great number of cases we have had, not one has died. They have been treated by bathmen, or bathwomen, at their homes, in various parts of Great Britain, and at our Free Hospitals, Lea Mills. We do not take fever cases into our Hydropathic Establishment at Matlock Bank. Mr. Richards, of Bobber's Mill, near Nottingham, telegraphed to us on the 4th Jan., 1872, to send a man to treat his son, aged 17, who had been in bed with typhus three weeks. Our man went over with pads, mustard, &c. He found the young man quite unconscious, the doctors had been unable to get any perspiration out during the attack. The man immediately gave him No. 47 in Bath list, and in fifteen minutes the patient perspired freely, and in half an hour more he was taken out of pack quite conscious and fever subdued. He was so low that our man frequently put his ear to his mouth to ascertain if he breathed. After the pack he was carefully sponged with a sponge squeezed out of warm soap and water, and put back to bed with bread poultice over stomach, sprinkled with chillies, with the body bandage 168½ slightly sponged over it, a spongio bandage 169½, or flannel 172 over all. The patient had rather a restless night; but refreshed by daylight, when he had a slight warm soap and water sponge over, and to bed again. In forenoon, 47 pack again, keeping the body bandages on constantly when out of the pack. Afternoon, fever pack 221; at night another sponge over with warm water; a better night. Third morning, warm water sponge over, and to bed again. Third afternoon, fever pack 221; at night warm soap and water sponge over. Fourth day, wash over in warm water, fever being quite subdued; only had a warm soap and water sponge over at night. This slight treatment was continued a few days longer when my man left him quite convalescent, except tender feet. Ordered warm meal and water foot bath. A more critical case could not be. The young man was reduced to a mere skeleton, and as low in vitality as possible to be alive. No medicine or stimulants. Arrowroot, sago, and vermicelli pudding, beef tea, and milk; hungry, and was supplied with food carefully. Appetite excellent. no bread or solid food for five days, when he began to be very ravenous. Caution was necessary in giving food for another week, when he rapidly recovered his strength and health, and was free from all ailments, and no drugs lodging in his frame.

The administration of sleeping draughts renders Nature powerless to rally. Our fomenting pack, No. 47 Bath list, at once restores the equilibrium of the circulation, and sets the pores of the skin free, which were closed in the Prince of Wales's case, by his riding fourteen miles in an open car, after a hard day's shooting on a cold November day; and, in the Prince Consort's case, returning from shooting in Windsor Park, and sitting down to luncheon without changing all his dress, and afterwards, with the cold upon him,

number we have treated at their own homes, or at our hospitals, when we have been called in before mortification has actually set in. We have begun with such cases in a raving state, the 47 pack has stopped the delirium quickly. Exposure to cold when in a heated state, will easily bring on typhus, without bad sewers. It is easily seen how it may occur. The pores of the skin in an ordinary-sized man should throw off two pounds of insensible perspiration every twenty-four hours; now what must be the effect, especially in men who had lived in luxury as the prince, and his father, and Lord Chesterfield. This waste is kept in, the liver is partly paralysed from doing its work in purifying the blood, the kidneys also; and to remedy this a lot of doctors, every one with his own notions, founded on no scientific reasons, pour drugs into the stomach, and crown all, or rather seal the patient's fate, by giving opiates which stop vital action, besides purgatives to weaken and irritate the bowels; no application to the great depurative organ, the skin. The poor Prince Consort had not a shadow of a chance of life, nor Lord Chesterfield either, under the care of the highest medical talent in the kingdom; and if the young and previously robust Prince survives, it will be by the skin of his teeth. Had they been poor men, and left to Nature and some simple remedies of warmth and gruel, they might have recovered, as thousands do with typhoid fever. But woe to the poor frame when talents and degrees of F.R.C.S. and M.D. Cantab come in, and give poison a thousand times worse than sewerage effluvia. As to effluvium from sewers, it is bad enough and dangerous enough; but how do the scavengers stand it for a life? It is the drugs that kill; but the public will have faith in orthodoxy, though the result is death after death.

Twice when, after the outraged stomach had emptied its contents, the Prince was sensible for a short time; the scientific drugs soon made him collapse. The dry port wine, and chicken broth, and three glasses of Burton ale! The M.D.'s were rejoiced to hear the Prince call for stimulants, and it was augured he would soon recover; but the drugs had sickened the stomach far too much to stand such aliment. Nature prompted the Prince to call for something to revive him.

AGUE.—The mild water treatment is eminently successful in curing and entirely eradicating this formidable complaint. The 9 Bath list, on rising, and 12, the fomenting pack 47, and 38 pack, varied by a vapour bath, with 9 dripping sheet or sponge down after it, and the use of the wet body bandage day and night, 233 night, 234 day, sprinkled with warm water, 220 on stomach in night good to keep a good warmth. Hot soaping and sponge over at bed-time, once or twice a week. 98 good, the feet in hot mustard and water every night at bed-time, and the body bandage would in most cases be sufficient, with care in diet, and abstinence from all stimulants and flesh-meat. The fomenting pack 47 one hour, or one hour and a quarter will arrest the attack at once.



VIEW FROM THE BLACK ROCKS, OVERLOOKING CROMFORD COTTON MILLS (THE FIRST BUILT IN ENGLAND), WILLERSLEY CASTLE, HEIGHTS OF ABRAHAM, AND THE HIGH TOR.

WHAT IS THE NATURE OF INFLAMMATION?

TENS of thousands of human beings have been destroyed, and are now being destroyed every day, from a false idea of what inflammation really is. There is nothing red in the body but arterial, or, in plainer language, nutritive blood; secondly, there is nothing gives heat to the frame but arterial blood, which is taken as a rule at ninety-eight degrees, Fahrenheit scale; thirdly, the walls of the veins, as also the whole body, are permeated in every part by nerves of sensation, commonly termed sympathetic nerves. Now, when from some impediment or congestion in the circulation, or, more commonly, from want of power of the heart to propel the life-giving stream through the body, there is an accumulation of this naturally hot blood at some part, certain consequences must naturally follow. Unnatural redness of the part, from an excess of red blood at the part; excess of heat, from an excess of the naturally hot arterial blood arrested in the part; next, the gorged veins press upon the sympathetic nerves, telegraphing sensation of pain to the brain. Hence, we have the redness of inflammation accounted for

both of the arterial and venous blood can be made in a healthy state, and in every stage of morbid disease; and the constituents can always be correctly known before the analysis. Where is the mysterious fire or virus, supposed to be so dangerous to life? No science has ever discovered it, nor accounted for it, simply because the theory is groundless; but to this groundless theory holocausts of human beings are sacrificed, or the foundation of a miserable existence laid, to be with certainty cut short of its natural term. When there is inflammation in any part, we, by our fomentations, mustard plaisters, poultices, spongio bandages, &c. &c, and total abstinence from all stimulants, medicine, or animal food, quickly get over the obstruction, and there is an end of the disease. I could give hundreds of cases successfully and quickly cured by our assisting Nature to overcome the obstructions; on the contrary, we see and hear of friends and others dropping off around us by this senseless old practice of weakening prostrate Nature by way of curing. A striking illustration of the effects of a lowered vitality, producing what is termed inflammation, has just occurred to a neighbour, a lady approaching sixty years of age, and not robust. She visited her son, who resides about a half a mile from her own residence, across the common, an exposed and bleak road in winter. She, as usual, walked home at night from her son's warm drawing-room; the night air rather cold, and the frame rather tired, and so the natural consequences followed: she inspired the cold night air, to expire it heated; and so, from want of a store of vital heat, by the time she arrived at home and got to bed the heart was unable to overcome the obstruction caused by the cold, pleurisy came on, the heart could not propel the blood through the pleura containing, the lungs, agonising pain followed, and all but inability to use the lungs. Fortunately, she had our fomenting pads, mustard, and stomach hot-water can. These were immediately and persistently applied, till heat and nervous power had been imparted, and the attack overcome; then our spongio bandages were applied, and No. 231 Bath list. The usual orthodox plan of leeches, blisters, and calomel would, with the greatest certainty, have extinguished life. Another case of an intimate friend, about sixty years of age, rather stout, was suddenly threatened with inflammation of the liver. Severe pain came on, with shivering of the whole frame, cold perspiration, and yellowness of the complexion. The same natural means of removing obstruction in the circulation, and giving what was wanted—more vital heat—quickly restored him, and this very day (shortly after this dangerous attack) he told me he never felt better in his life. What would have been the case with medical treatment?—certainly prostration, if even life had been spared. Another friend, same age, and with exactly similar attack, called in an M.D. and surgeon. At once they dosed, leeches, blistered, and cupped him, until the heart had not power to circulate the blood through the tissues of the brain: the result was apoplexy and death.

THEORY OF INFLAMMATION.—I have read many of the treatises written on this subject, but find a good deal of diver-

sity of opinion amongst eminent writers. Veins, by the profession, are thus designated from their conveying the exhausted blood to be renewed. Arteries are also veins, but they convey the oxygenised blood from the lungs, by the left ventricles of the heart, to every part of the body for its support. Thus non-medical readers are sometimes puzzled by the terms veins and arteries, which are, in fact, identical in form, but have different offices: both, as will be seen by the engravings, act by muscular contraction and expansion, and so force the blood forward, veins are provided with muscular bands and with a membrane stretching across the vein internally. This membrane is larger than the exact diameter of the vein, and is pierced with an orifice in the centre. The blood is propelled through this orifice; but to stop its return, the back pressure closes the orifice and prevents a backward course, as shown in the engraving.

When the muscular power of the arteries or veins is reduced by various causes, such as severe cold, drinking ardent spirits, simple weakness, violent contusions, the nervous power is lowered, the arteries and veins cannot perform their office, and are unable to propel the blood freely on its course, at some particular part, either internally or externally; here, then, is the cause of congestion and inflammation. The blood does not get forward to be purified and renewed by the lungs, the liver, the kidneys, the glands, the skin, &c., and hence it rapidly becomes of a corrupt character; and unless the obstruction is soon removed, it becomes actually morbid, poisoning the whole system; decomposition sets in, mortifying and destroying the whole frame, and death soon ensues (for it must always be borne in mind that this nervous power, or electricity, is the moving and primary cause of all life and circulation in the body).

The primary cause of inflammation of any part being the lowered vitality of the organic nerves, it follows that every care should be taken not to further lower their power, but to raise their vitality, and this our fomentations and bandages does effectually, quickly, and safely, by drawing blood to the surface of the body and relieving the interior vessels, and quickening the circulation of the parts affected. When the inflammation is subdued, the patient quickly rallies, and is soon well. The obstruction is removed, the blood moves freely through the veins, the stomach immediately participates in the relief, and calls urgently for food to repair the exhausted frame. Food should be only moderately and frequent in these cases, and avoid all stimulants, and no animal food. Severe cases have been entirely cured in six to twelve hours. It is very striking to witness the rapid exhaustion of the whole body by inflammation of any vital part; this, however, is easily accounted for when the nature of the organic nerves is considered, as the lowering of their vitality in any part affects the whole until dissolution takes place, when this goes on to a certain degree. The difference in principle of treatment betwixt our methods and that of lowering the vital power of the body, which is done by medical men in the very first steps, is easily seen. They lower the body to subdue inflammation, and kill the patients, or lay the foundation of fresh inflammation, dropsy, &c.

I have had a great number of cases of severe acute inflamma-

When the first attack has subsided, a slow, low inflammation may still exist, but not be imminently dangerous to life; this is called chronic. Our mode of treatment in these cases commences by first taking into account the lowered vitality of the nerves of nutrition. (See Treatment for Chronic Inflammation.) In the first stages, and while the pain is severe, hot fomentations, as hot as can possibly be borne, with our hot pads and fomenting can, where they can be applied, laying the patient in bed, keeping as quiet as possible, and sipping toast-and-water or barley-water not quite cold. Our plan of fomentation has a vast advantage over the ordinary method, as the pad and hot can will keep hot so long, and the patient is not disturbed, nor the parts affected exposed to the air, by requiring frequent changes of the pad.*

One very striking instance of the efficacy of our treatment was a case a gentleman, aged 50, had experienced great hardships in a hot climate, came to us emaciated and weak with chronic skin disease, had congestion of the lungs formerly, which had been subdued by blisters, leeches, &c., but of course left the chest weak. During the time he was with us recovering from the skin disease he recklessly exposed himself in a draught one cold night, and went to bed shivering which increased to violent pain so that he could not call out for help, but putting up the bedroom signal the watchman was quickly with him, and sent for a bathman, who overcame the congestion and pain in one hour and without relapse; the next day he told me it was miraculous what the hot foment pads and mustard had so quickly and efficiently and effectually done, leaving no injurious effects from medical treatment. He got quite well, both in the lungs and of the skin disease, and had no return of either.

FIRST IN CASE OF INFLAMMATION OF LUNGS, LIVER, OR BOWELS, OR KIDNEYS, spread a mackintosh sheet or mackintosh capes on the bed, then a double blanket, then two flannel pads 2lin. square, six thicknesses, or a piece of blanket well squeezed out of as hot mustard and water as possible. Lay one pad on blanket, patient undress and lay down on pad, put another hot pad in front, and wring out flannels out of hot mustard and water, and wrap round legs and feet; hot brick or foot-bottle to feet; wrap up the body and legs well, first in blanket over pads, then mackintosh sheet or capes over all, a feather-bed over all useful if not oppressive; renew this hot fomentation as often as the pads lose their heat; sip tepid toast-and-water or barley-water; put legs in hot mustard leg-bath while pack is getting ready; and hot stomach can to part affected. In severe cases we have gone on fomenting for hours before pain gone, but by persevering have in every case succeeded in curing. See also Bath list 225. When all pain gone put on Bath list 168 $\frac{3}{4}$ or 163, with 220 before and behind, sprinkled with chillies, then recline, covered up as 76 or 77 Bath list; and as the patient recovers, wear 178, 186, 169 $\frac{1}{4}$ slightly damped; 13 $\frac{1}{2}$ or 13 $\frac{3}{4}$ useful; as to diet, no animal food

* When not fomenting apply Bath list 220, with chillies added.

or stimulants, simple light food until convalescent; should pain return, repeat the treatment. Inflammation always leaves great prostration, but it is highly dangerous to give stimulants or strong diet to get up strength; Nature must be raised gradually, and then perfect health will be the result. An enema of warm soap and water useful. If diarrhoea comes on, see Bath list 67.

PRECAUTIONARY MEASURES to ward off consumption and other diseases should be taken early, when self-denial and exertion would prevent years of misery often ending in premature death.*

I am sometimes asked how it happens that persons get into a bad state of health whose habits have been strictly correct, and who have never indulged their palate at the expense of the stomach? I reply, it is easily accounted for. The body is in a constant state of waste and reparation. Active exercise in the open air is a condition of healthy existence; and just so far as mankind can enjoy this, is their prospect of having a healthy body. By every voluntary action the cellular tissue is displaced, and a call made for new matter to replace the waste. By every active inspiration the pure air is forced into the minute air-vessels in the lungs with a power of 4 cwt.; where it gives to the blood the life-giving oxygen which consumes the carbon or waste matter. By a sedentary life, or a bad atmosphere, the old worn-out matter is not removed; the carbon in the blood is not consumed, for want of the oxygen in fresh air. The nervous system soon feels the effects of this unnatural state; and hence comes dyspepsia, and the long train of evils caused by having worn-out matter in the frame, instead of living tissues. Sometimes this enfeebled state goes on until the frame becomes a wreck, or some weak vital part gives way, and the body dies by inflammation or fever, &c. We find moderate movements of great service in most cases, and especially in weakness of the chest; even a delicate person may exercise the chest and arms to great advantage by sitting in a chair, clenching the fists, working the arms and shoulders gently, and at the same time expanding the chest, with the head thrown back, opening the mouth and breathing freely, moving the trunk backwards and forwards. An immediate warm sensation will generally be felt in the muscles of the chest.

The amount of exercise should be regulated by the strength of the person; over-fatigue will bring on excitement and mischief. Dumb-bells or gymnastics in such cases very injurious. Exercise should be frequently practised for a few minutes at a time, and habitually expand the chest. 71, 72 Bath list. This would prevent consumption in many cases. It is melancholy to see such numbers of comparatively young persons, and especially females, with chest affections brought on by inattention to the natural laws of health—sedentary habits, warm rooms, stimulating food and liquids, undue brain excitement from study before the frame is fully developed, late hours, and in many cases by over-anxiety to realise a necessary maintenance.

Then, again, little attention is paid to the requirements of the

* For treatment of sudden inflammation of the lungs, see page 117.

resist cold, without proper clothing in this climate. The chest is very generally the most exposed part of the body, except the head and hands; and it should be the most protected, as well as the stomach, liver, and bowels; for if the vital warmth of those parts is lowered, their functionary power of action will be just so much lessened. I believe one of the principal causes of disease with those who lead sedentary lives, or are exposed to the weather, is the little care that is paid to keeping the trunk of the body well protected, and the vital heat retained in it; and the little or mostly no attention paid to exercising the body. Exercise, as I have before remarked, may be had without either a large space or long walks. Thousands, and especially ladies, never exercise their limbs only by slowly walking from one room to another, or when in the open air never exert their physical powers to bring good healthy circulation; and as the Creator has made the exercise of all the muscles of the frame a condition of health, and man cannot alter or abrogate those laws, they must either be obeyed, or the consequences of acting independently of them must be experienced.

A case of this kind, where these laws have not been acted upon, has consulted me by a letter, this morning, stating he is occupied in a wholesale warehouse, in a close part of the city, from 8.30 a.m. to 8 p.m., with only one hour during that time for meals and rest, gas-lights burning often all day in winter. The consequence is that a chest complaint has been established that will probably soon render him unable to continue his employment; he will be recommended to country air, and go there to die, leaving a wife and family to struggle on in life, surrounded with difficulties which are very likely to bring them to the same melancholy state. The answer is, we must attend to business or starve. There is no reason in such an observation; men should be content with any employment and remuneration, rather than place themselves in such positions,—contracting ties and engagements that they are eventually unable to fulfil, and by the attempt multiply misery and disease. How often when success in business crowns their efforts, they find they have sacrificed what money cannot purchase, and by no efforts can regain the health they have lost, or ability to enjoy life. They then often envy the very out-door labourer; but when the mischief is done, regrets are useless, and often a settled melancholy rests upon the mind, further depressing, and hastening the climax.

The more experience we have in cases of diseases of the lungs, and less hope we have of curing many of such diseases; for generally they are cases such as I have just described, who come for a short time to be patched up, and return to the same course of life, still hoping against reason that they can yet go on with a little more care, when in fact only an entire abandonment of their business and locality can be of any permanent use to them. Females are also, either by their occupations, or previously contracted sedentary habits, or from family duties, in the same posi-

tion; and all we can do is to give them instructions how to ward off attacks and improve their health in a degree, and in this our mild Hydropathic plans, and instruction in clothing, diet, and habits, are eminently successful. We have had many successful cures in females, where affection of the lungs has come on from excess or stoppage of periodical discharge, and when our sitz baths, &c., have regulated the constitution, health has been regained; in other cases, both male and female, after a course of our treatment, have changed their occupations or residence, and adopted our other instructions, and have been permanently restored to sound health.

CONSUMPTIVE PERSONS may use the water treatment with advantage, but it must be very cautiously applied, and not with cold water, say seventy-five to eighty degrees. To give a general idea of our plan of treatment, see letter H, page 355, which of course has to be varied according to the age and nature of the case. (See Bath list, 14, 23, 26, 68, 71, 72, 74; chest compresses, according to vitality of patient, Nos. 179, 180, 182, 196, 197, 198, 207, 208, 212, 213.) Keeping the body covered as much as possible during the operations with a blanket, and dress entirely and quickly. It is important not to expose the body to the air while undressed, as it rapidly loses heat, and in persons of weak habit is injurious. The ordinary plan of sponging the body with cold water by delicate persons is often very injurious. Wearing a chest compress night and day. See Bath list, 177, &c. Light hosiery vest for summer, good lamb's-wool for winter, and lamb's-wool stockings winter and summer. Ripe grapes good, and also stewed prunes or pears; no kind of stimulants or coffee. The clothes to fit up to the throat, especially in winter, and sleeves to protect the armpits. If the bowels are not regular, use No. 78 on list. (See also Constipation.) Some consumptive patients cannot bear much treatment, and then feelings and symptoms must dictate.

RUBBING THE CHEST with hand and cold water, and wearing flannel chest compress, will strengthen the chest, the rubbing twice a-day; summer dress should be changed at the end of August. (See Bath list for compresses, 177, 179, 180, 186. See treatment Incipient Consumption.)

Persons with a consumptive tendency have not a chance of life if they take any wine, spirits, beer, or porter. The system is already too excitable, and it is adding fuel to the fire. Nothing but the most simple non-stimulating diet can save them, and fresh air to oxygenise the blood. All condiments bad, or much animal food; and then as to clothing, such cases should have as much as they can bear without sweating. The 13½ or 13¾ Bath list very good; chest compress, spinal and body bandage, all a necessity. Darlow's chest compresses (see end of the book) very good, and their socks to keep feet warm. Thousands lose their lives who would be well and enjoy life, but will not study Nature's laws and be guided by them, and death is the consequence.

CONSUMPTION, DISEASE OF THE LUNGS.—This never takes place except there is first what is commonly called a bad stomach, or bad digestion. The lungs are intersected by thousands of minute air tubes, the interior surface of which is

wasting and being replaced by new formation, as in every other part of the body. Persons of weak digestion, or from poor or insufficient food, make of course impure blood. Out of this poor blood the fine structure of the lungs has to be renewed; nature applies it, tries it, and finds it unfit for the purpose, and then tries to expel this morbid useless matter from the lungs by forming tubercles and abscesses, and so throwing it off, which ultimately destroys those life-giving organs. The formation of abscesses and tubercles is an effort of nature to throw off disease; and in thousands of cases a cure is effected by them. The parts of the lungs where these operations of nature have taken place are by them destroyed, but a cicatrix is formed where the disease has been; and which makes good the damage by cutting short the tubes around the seat of tubercle and abscess; but by this process the extent of the tubes and capacity of taking in air is diminished; and such subjects in whom this has taken place will not have the power of lungs they had previously; nevertheless, thousands go through life with good health and live to an old age, who have thus had their lungs seriously diseased. Out of 150 bodies dissected in the Hospital at Paris, 125 showed that disease of the lungs had existed, were cured, and the persons had died from other causes.

It is true many suffer from indigestion who escape disease of the lungs. Indigestion brings on chronic inflammation of the mucous lining of the stomach, bowels, and liver; this the system tries to throw off on to the non-vital parts of the body, as before noticed, in the form of boils, rash, shingles, abscess; and many have been saved from death by a broken limb drawing the inflammatory action from the more vital parts. But when the system is no longer able to throw off this inflammatory matter outwardly on the body and limbs, the weakest vital organs then give way; and the inflammatory action concentrates on the weakest parts, and serious disease sets in. Any who inherit constitutionally weak lungs are, of course, the most liable to consumption. Poor food, confinement in badly ventilated places, over-work, &c., bring on indigestion, fever, then cough; and by the red tongue showing the mucous inflammation is extending to the air tubes. In the present state of medical knowledge and practice a fatal crisis is very often accelerated by the application of blisters, and preparation of cantharides, and as counter-irritants applied to the surface of the chest, which are taken up by the absorbents and carried into the blood, and to the already irritated and inflamed lungs; besides draining away vitality when the blister "*rises*." Good nourishing living is prescribed often without directions as to what is proper. Flesh-meat, and not unfrequently porter, ale, or wine, which only increase the inflammatory action, are often ordered. Actual disease once set in in cases of naturally weak lungs, is never indeed removed by the unnatural methods adopted for cure.

Whenever the tongue is red and swollen, white or furred, persons with weak lungs should immediately take precautions before disease commences; and the only precautions they can take, to be of use, is not physic, blisters, &c., but farinaceous and vegetable diet, good air, rest and mild applications of water treatment. When cough and expectoration have set in, the disease has commenced; but generally in such a form that with care and attention recovery may be expected. But if, in this stage, the lungs are exposed to severe cold, or to the influence of stimulating food or liquids, fuel is being supplied to the fire; and the *vis vitæ*, or power of life is fairly or rather unfairly beaten down. In taking in the air each time we breathe, an average power equal to a pressure of four cwt. is exercised, and in discharging it to that of three cwt. Now when the air tubes are inflamed, the effect of this action to the lungs may be supposed; and when we consider that the lungs cannot for one minute be at rest while life lasts, it is only a matter of astonishment their destruction is not far more rapid than we see to be the case.

RELATION OF LOCOMOTION TO RESPIRATION.

From "Herald of Health."

THE term "health" is constantly used in a comparative, but seldom indeed in a positive or complete sense. Yet, according to our view, there is no such thing as tolerably or comparatively *good* health; every degree of departure or divergence from a full measure of health being a step or degree toward diseases, or with conditions more or less conflicting with such as conduce to health in any full and perfect form. We believe that full breathing is an indispensable condition toward what is understood by robust, vigorous, or perfect health. But we may remark, in a general way, that of the three grand elements, "earth, air, and water," *air* is equally or even more important and necessary to animate beings than either earth or water; or, more correctly, their adapted representatives to animal life, food and drink, or solid and liquid aliment.

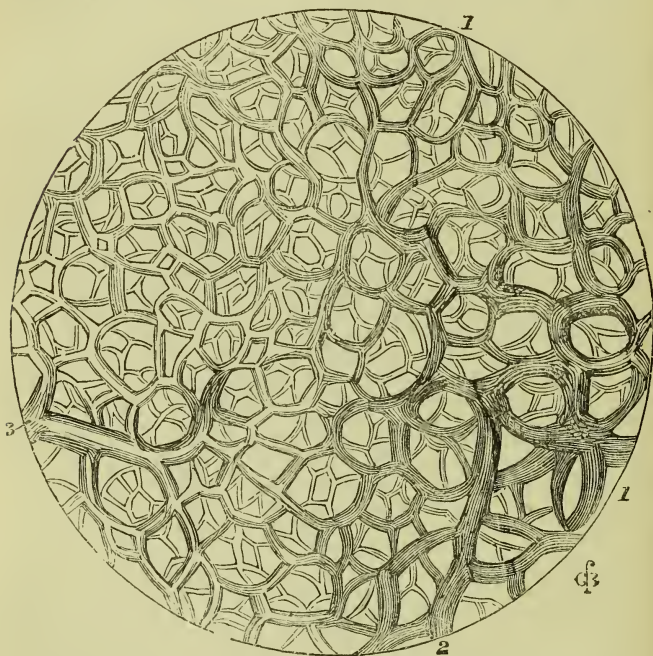
In illustrating this principle we perceive that breathing takes place not only before, but often long before food or liquid, in any form, is taken into the system at the epoch of birth; in cases of supposed drowning, in fevers, and in diseases generally of the vital organs—illustrated conspicuously by diphtheria—air, pure and unadulterated in composition, is the first and most vital requisite beyond and before either food or even water in any form whatever. And when the term of mortal or organic existence is expiring, we again perceive the same principle exemplified in the fact that while breathing air was the first, it is also the last act performed in discharging the series of functions peculiar to animal nature. Furthermore, we believe that there are ample facts in the structure and functions of animals that have organs and powers of locomotion, which illustrate and establish the principle indicated in the title at the beginning of these remarks.

I remember seeing the statement from *Dr. Hall's Journal of Health*, so-called, some years ago, that by walking two miles per hour, persons—and I believe the same will apply to animals—consume *twice* the amount of air that they do when sitting or lying

this ought to be done. But as I have but limited time and means, I can only offer a few outline ideas by way of calling the attention of Dr. Trall and others to the importance of further discussing the subject. If we observe and reflect on our own sensations when *still*, in comparison with those when we are engaged in active motion, walking for instance, we shall perceive not only an increase of breathing and air, inhaled of course, but that this increase is in strict proportion and relation to the degree of our activity. If we walk fast, we breathe faster; if we run, we breathe faster in the degree that our motion is accelerated; when we stand or sit, the rate of breathing is rapidly diminished, in consequence of the impetus of locomotion being withdrawn or suspended. This is all apparently indisputable and correct, it may be said. And it is equally true that circulation of the blood, or its velocity of motion, is equally affected, *i.e.*, increased or retarded, according to the degree of exercise we indulge in, or as we refrain from it when in a condition of quiescence or stillness. The number of inspirations in either condition of stillness, and moderate and rapid motion, indicate very clearly that the *amount* of air consumed or breathed is a very close relative proportion to the amount of motion or commotion performed. All this, I conceive, goes to establish the fact that air itself is the supporting source of the increase of motion, of circulation, and, as we readily see, of breathing. True, the will directs a more or less rapid contraction and motion of muscle; but this direction would fail to be executed if the required increase of air were not simultaneously inhaled. Thus all motion and increase of motion depends upon a sufficiency of air to sustain it. If more motion is made, more air is consumed; if less motion, less air. When motion ceases, so does the inhalation of air, and even organic life itself. I have no intention of here discussing the physiological functions of air, but only of noticing circumstances which indicate and determine the quantity and proportion of air we consume, and its more obvious effects. Our power of motion and locomotion is immediately supported by, and in proportion to the extent or rate of breathing. If we breathe *no air* we make *no motion*; and the measure of our motion is identical with that of our consumption of air. Supposing the foregoing to be admitted, because correct, does it not follow that animal locomotion, or the power of locomotion, was ordained in the great chain of nature to both provide and control a sufficient degree of breathing by man, and in all the animal creation below him?

In the case of animals we perceive pneumonia, or "cattle disease," "hog cholera," "new horse disease," "epizootic amongst fine-wooled sheep," &c. &c., all certainly traceable to the most irrational practice of shutting said animals up, and thus depriving them of even a proximate degree of that natural measure of exercise, without which sufficient air to ensure even a tolerable degree of exemption from formidable disease is utterly impossible. Bright ideas of human duty to brutes, and conceptions of man's destiny, have these nature-defying and instinct-violating "high breeders,"

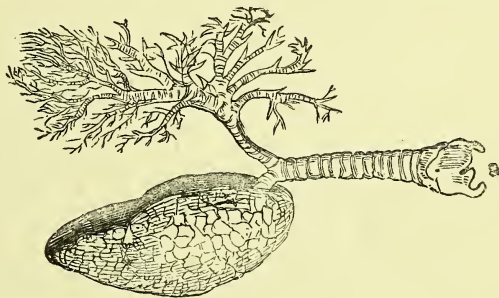
very. But not to enlarge on side illustrations, we find, in addition to what has been noticed, that locomotion is necessary to obtain food; that the condition of being "tired," or relaxation of the muscles, from too long tension, usually does not ensue or exist till food enough has been secured. Also (and this is a most important point), that a relaxed, and soon resulting diseased—a permanently injured and weakened condition of the muscles, results when voluntary exertion is desired, and therefore naturally required, but by any means or from any cause long denied or prevented. Whether



A minute portion of the human lung magnified fifty diameters, showing the capillary network formed by the ultimate ramifications of the pulmonary artery and veins. 1, 1. The arterial (*pure blood*) side of the figure. 2. A large branch of the pulmonary artery supplying the plexus with blood. 3. A venous (*exhausted blood*) trunk conveying the blood from the capillary plexus.—*Quain*.

insufficient exercise result from disease, from indolence, from the nature of occupations—alas! for the tens of thousands in this category—or from whatever cause, the effect will be nearly the same generally: a languid circulation, impure blood, relaxed muscles in general, and equally reduced strength and increase of languor, all conditions of disease. However little locomotion may be engaged in where the air is cool and pure, all these conditions are at once sensibly modified, and the individual feels measurably relieved and invigorated.

locomotive power in both man and animals is provided to admit of, secure, and control, a full and necessary supply of air for the active play of all the functions; to keep and maintain them in vigorous health, equally as much and as necessary as for those other uses. This seems to be established by the fact that every diminution of natural exercise or of breathing results in a proportionate reduction of vigour and health; as well as because, on the other hand, the fullest measure of health, vigour and strength, mental, consequent on physical, are ever found in connection with the fullest practicable extent of bodily locomotion. For myself, therefore, I must believe that the power of locomotion is not only the cause of



The windpipe, one lung, and the bronchial tubes shown on the left, the substance of the lungs cut away; *a* is the top of the windpipe. It is estimated that the surface of the bronchial tubes and air-cells in the lungs cover a space of thirty thousand square inches, underneath which the blood circulates, and to this space the air comes to oxygenise the blood.

a sufficiency of air being breathed to keep the physical system in vigorous health, but the degree of exertion we are at any time capable of making is at the same time the measure and gauge of the quantity of air required for our fullest health; and that our ability to take exercise, whether the weather be fair or foul, is the only natural or proper limit to the consumption of fresh air that a full measure of health inevitably demands and enjoys.

CHRONIC PULMONARY CONSUMPTION.—When this has taken place, and the body of the lungs are suppurating, or tubercles forming, we use simply the half-chest spongio and spinal compress, as above; soaping the body over every morning with warm soap and water, and then giving a tepid wash down, standing in warm water. But if the disease is advanced, then, without rising out of bed, the upper half of the body is wiped over with a towel perfectly wrung out of tepid water; then, covering the upper part, have the same application to the lower part; $13\frac{1}{2}$ or $13\frac{3}{4}$ first is very necessary where there is perspiration. We have had some apparently hopeless cases of consumption which have entirely recovered; and in all cases our treatment will give relief and prolong life. Consumption takes place from various causes,

and the remedies must be applied accordingly. Very frequently it is produced by a single exposure to cold, or going from a heated place to cold, or sitting in draughts, or keeping wet clothes on; and if the lungs are at all weak, inflammation of the body of the lungs takes place at once without bronchial affection, generally even without any cough. The darting pains are felt in the chest, and soon it is difficult to breathe.

In all these cases of sudden attacks of inflammation, our mild water treatment does wonders in a very short time. The fomenting can, with fomenting pad, should be immediately applied for half an hour as hot as can be borne: then towel-pack, with towels wrung out of warm water, lying in pack three-quarters of an hour; and then 26½, Bath list; also, 168½, 174, 172. If the pain still continue, repeat the fomentation and pack until the pain is subdued; then put on full-sized spongio chest compress damped with hot water, and keep it on for a few days, or a week, until the attack has subsided. The half-chest spongio will then be sufficient; and this should be continued for several weeks, night and day, damping it morning and evening. If spongio is not at hand, chest compress of calico, with flannel enough to keep in the warmth. After the first attack has subsided, in the morning have a warm soaping over, and wipe the upper part of the body with towel partially wrung out of tepid water; keep in bed, and as quiet as possible for several days. If the pain returns, resort to the towel pack or fomentation. After a few days, if there is no pain on breathing, have a soaping on rising, and tepid sponging No. 14, standing in hot water; putting on damp chest and spinal compresses, and still keeping quiet. On going to bed, have feet in 105 degrees mustard and water three minutes, then wipe the feet with a damp cold cloth; and put on a pair of cotton socks, having the soles of the socks wrung out of tepid water, and a pair of dry lamb's-wool over them. Avoid flesh-meat and all stimulants, and coffee or condiments. Avoid milk as a beverage at first, it is too heavy; for the first few days a very small quantity of food is best, such as revalenta or sago. As the person recovers, a No. 9 or 14, standing on a hot pad, or in hot water, with a hot pad to the chest, or a dry one while having the dripping sheet, may be applied on rising. If perspiration in night, 13½ or 13¾, or on going to bed. Great caution, however, must be used in not stimulating the circulation too much, either by hot or cold application, until the circulation is restored. When the inflammation is on, the hotter the fomentation the better, but not so when the pain is subdued, as it would weaken and irritate. The respirator is necessary to be used in going out into the cold or damp until convalescent, and if the bedroom is cold, during night also. The great points to attend to in the first stage are to consider the delicate structure that is in a state of inflammation, and when that is subdued, the very weakened state of the parts that will not bear the changes they can sustain when in health: neglect of these points is running great risk.

TREATMENT FOR HEMORRHAGE FROM THE LUNGS.—This disease is known when the blood vomited is of a bright red colour. As soon as possible, lay the patient on the bed or couch, on the back, with the head high, and place No. 153½ to feet; wet cloths to head, and then squeeze out a towel out of cold water, double it in four, and lay it on bare chest, and also about throat; then lay

keep very quiet. After the above treatment has abated the bleeding, then put on 181, squeezing the calico part out of cold vinegar and water, and renew the calico with cold water whenever warm. Very light diet, and all cold. Next day give 48 and 106, and then continue for a while, as general treatment, the directions given as follows, till strength is regained.

SWEATING AT NIGHTS.—Before going to bed, have a sponge over with sponge slightly squeezed out of vinegar and water, and same on rising; and if chest affected and difficulty in breathing also chest pack all night. No. 226 Bath list, also 13½, 13¾

The following case will also be applicable to females:—

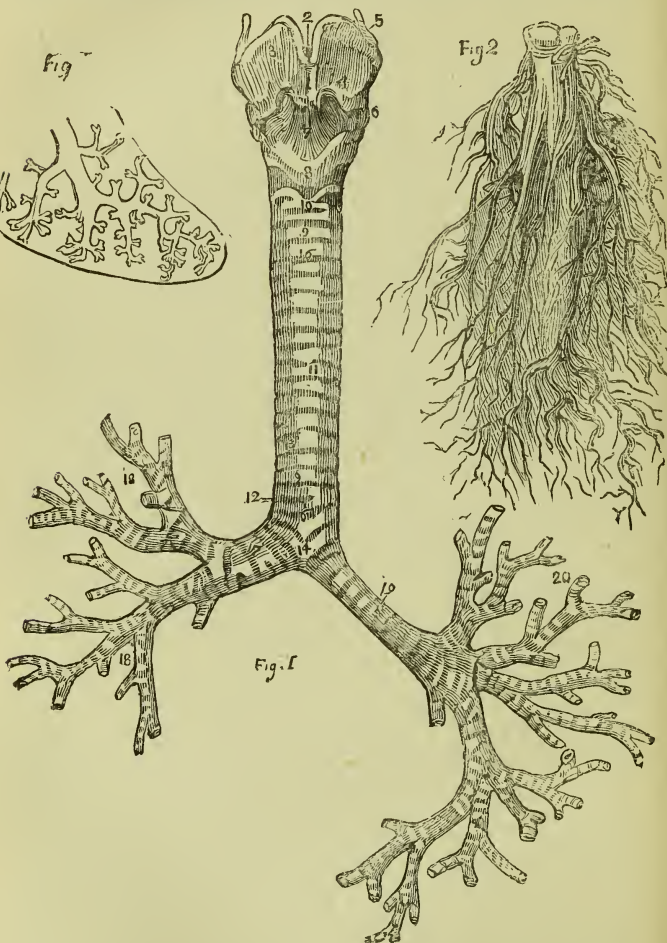
CASE Z.—Gentleman, aged 28; rather long-standing affection of the lungs; a good deal reduced, with much expectoration. On rising, 71, and then put on 180 dry on chest, and only damp it over stomach; then 114 in bed (13 and 14 once a week; breakfast in bed). Forenoon, 141, with hot brick, in cloth, to feet. Afternoon, 71, 158, whilst lying in 77; when any pain in chest, have 23, 195, 179 behind, and 207.

Case No. 5.—Age 35; for several years liver affection, then of the right lung, and general wasting. He gave up business, came to my establishment, and is progressing well, and gaining weight, under the following treatment, varied according to symptoms:—First morning, 71 and 15, feet on hot pad covered with blankets while having 71; second morning, 71 and 12; third, same: first forenoon, 70, 71, 107; second, 45, 71; third, 49, 71, 107; afternoon, 156, 181, 168, 207, 168¾, 174, 178, 186.

Case No. 7.—A gentleman, age 26, been in hot climate, chest and lungs affected, and much wasted. The following treatment, varied according to circumstances, enabled him to resume his duties. Morning, 71, 25; forenoon, first day, 81; second, 72, 74; third, same; afternoon, 115, 179, 172; 208, 207, 212; got to No. 8 and No. 2 after a fortnight.

Case No. 18.—A gentleman, age about 55, wrote in April, from a town eighty miles off, saying he had inflammation of the lungs, and wished me to have a surgeon waiting his arrival, feeling himself, he said, in imminent danger. When he arrived, we found it a case of severe bronchial affection, with spasms that almost closed the throat. A fomentation, No. 64, 141, with mustard on chest and round the throat, was applied as he was reclining on a packing bed, and the legs up to the calves in hot mustard and water; after this fomentation has been on one hour, wiped the parts with a towel wrung out of tepid water, then rubbed the parts dry, and laid on a strong mustard poultice round the throat, top of the spine and chest, as long as it could possibly be borne; then dry chest compress and throat bandage. This was six p.m.: at ten o'clock, a hot mustard leg bath, wet throat pack, and spongio piline, chest compress with collar wetted with warm water, and wet flannel and body bandage, warmed the bed, and retired to rest. In the morning hot soaping and tepid sponge; forenoon, eight minutes' vapour, and sheet 70 deg. sitz bath 80 deg., ten minutes feet in hot water. This counter-irritant

treatment and determination of blood to the surface of the body, by fomentations and vapours, with total abstinence from animal food, soon relieved the patient, and in a short time brought him to



No. 1. Windpipe, with large bronchial tubes. No. 2. Small bronchial tubes ramifying into the lungs. No. 3. Air cells lining the bronchial tubes. (See description of the above cut, page 125.)

his former state of health, to his great delight; and he had the advantage of not having his system saturated with calomel, not to be got rid of.

BRONCHITIS is very common, and persons with naturally strong lungs are often affected by it, and with them, by a little

The term bronchitis does not often alarm persons with weak lungs, from their supposing it is altogether different from consumption; they are not aware that bronchitis is inflammation of the air tubes which intersect the lungs; and which inflammation, if continued, produces expectoration, Nature's remedy to throw off the morbid mucous. But if this suppuration of the air tubes of the lungs goes on, it is easily seen that the body of the lungs cannot long resist the influence of the morbid matter, and decomposition and change of the structure must be the consequence. Many physiological terms are very inapplicable and vague, but having long been in use and adopted in works on these subjects, it is not easy to change them. Consumption is a term generally understood, and therefore I use it, although it does not give a definite idea of any particular disease.

The following cut and description shows the destructive nature of caustic being applied to the throat and other internal parts described. The office of the ciliated membrane is to circulate the mucous lining the throat and other mucous membrane linings, which, if not kept constantly in motion, becomes morbid. Caustic, nitrate of silver, acids, and drugs of various kinds, kills this active cilia; the morbid mucous then comes in contact with the cellular tissue and causes irritation and cough, and until, by warmth and natural diet, the cilia is renewed the cough continues, and leads often to consumption.

CILIATED EPITHELIUM, p. 24.—(*From Kirke and White*)—This

consists in the incessant vibration of fine, pellucid, blunt processes, about one-thousandth of an inch long, termed cilia, situated on the free extremities of the cells of epithelium covering certain surfaces of the body. The form of epithelium on which cilia occur is most commonly of the cylindrical kind; but sometimes, as on the surface lining the cerebral ventricles, it is of the tessellated variety.

In man, and probably in Mammalia generally, the ciliary epithelium lines the interior of the nasal cavity, except the olfactory region, and of the frontal and other sinuses communicating with it, the lachrymal canal and sac, and is spread over the mucous surface of both eyelids, but not over the conjunctiva covering the eye itself. From the posterior part of the nasal cavity, it passes to the

A. Cilia as seen vibrating on a portion of the mucous membrane of the trachea of a rabbit. 1, the cilia; 2, lines indicating the several epithelial cells on which the cilia are placed. After Valentin. B. Separate cylinders of epithelium, with cilia attached, from the trachea of the cat. After Henle.

upper part of the pharynx, which it lines to about opposite the

lower border of the atlas; it is also spread over the upper surface of the soft palate, and laterally is continued to the orifice of the Eustachian tube, through which canal it extends into the cavity and membrane of the tympanum. Ciliary epithelium occurs also over the whole extent of the respiratory mucous tract, commencing at the larynx, and ceasing only near the terminations of the bronchi. It is met with also in the female generative apparatus, commencing about the neck of the uterus, extending along the Fallopian tubes to their fimbriated extremities, and continued for a short distance along the peritoneal surface of the tubes; and in the male it occurs in the epididymis.

If a portion of ciliary mucous membrane from a living or recently dead animal be moistened, and examined with a microscope, the cilia are observed to be in constant motion, either whirling round their fixed extremities so that their ends describe circles, or waving continually backwards and forwards, and alternately rising and falling with a lashing or fanning movement. During the lashing movements each of the cilia performs a motion somewhat similar to that performed during the feathering of an oar in rowing: hence the general result of their movements is to produce a continuous current in a determinate direction; and this direction is invariably the same on the same surface, being usually towards its external orifice. In the production of such currents probably consists the principal use of the cilia, which are thus enabled to propel the fluids or minute particles which come within the range of their influence, and to aid in their expulsion from the body.

Bronchitis, or inflammation of the wind-pipe, the first large tube leading from the throat into the lungs, and of the air tubes branching from it, is very common, and may arise from a slight cold, from loud and long speaking or singing, or from the inflammatory state of the stomach. When it is only in the upper part of the wind-pipe, a little care soon cures and restores the ciliated membrane which has been destroyed. This ciliated membrane * performs a very important office, it is on the surface of the lining of the wind-pipe, and in all the bronchial tubes except the most minute terminations. It can be compared the most easily to a fine downy surface, and is spread in a mucous network over the parts. This fine hair-like process is continually moving, and will show motion when expectorated out of the throat into warm mucilage. The office it performs is to keep the mucous, or slimy lining of the membrane, moving, so that the mucous does not stagnate, and become offensive to the delicate cellular tissue and nerves on which it rests; for the very existence of the body depends on keeping all the material changed and renewed.

Inflammation of the top of the windpipe displaces this cilia; and the mucus then not being moved away, as it becomes deteriorated, irritates the cellular tissue and nerves on which it rests, and an attempt is made by coughing to do what in health is accomplished by the cilia. Now, the cough which proceeds from the upper part of the windpipe can only be cured by the cilia being replaced; and to this end packing the throat with a wet wrung-out cloth and flannel over night and day, or damp spongio in day-time, is the most

* See engraving, p. 129

vegetable substance, can never do any harm. If the slight bronchial affection is neglected, the irritation and inflammation creep down the tubes into the lungs, and then become serious. I once had a case of serious attack from over-fatigue and Sabbath services in the open air. A pint of matter was expectorated in the twenty-four hours, the attack having gone on from acute to chronic bronchitis, and unless this had been stopped, disease of the body of the lungs must soon have taken place. The remedy used was to keep the throat red with mustard plaister; packing the throat at night with wrung-out napkin and flannel over, and washing the throat and chest with tepid water on rising; wearing 178 damped and 186, 168 $\frac{3}{4}$, 174. On rising, a soaping and wash over with warm water, standing in hot water. In the forenoon a fomentation for twenty minutes not very hot, wiping chest after with wrung-out towel. 68 or 64-afternoon, feet in 105 deg. mustard and water. A towel body pack every other day, instead of fomentation. This continued for ten days, and then reduced the bathing, but still continuing chest and spinal compress until cough was entirely gone.

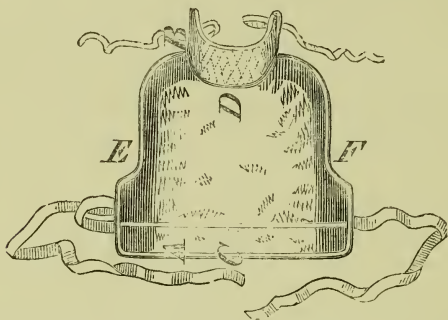
If the attack is in cold weather, it is necessary either to go to our warmed Establishment, or to a warm climate, wearing a respirator if at all exposed to the cold air, even in the passages, as cold air will of course irritate the parts. The bedroom should be warm; sleeping in the respirator very beneficial. When bronchial inflammation has gone on from discharging light-coloured, whitish matter, to dark or green, and slimy slough, sometimes streaked with blood, then the disease has attacked the body of the lungs, and is called pulmonary consumption.

I was one day in the Castle while the interior was being constructed, when I saw a gentleman and lady looking over the place. The gentlemen came to me and said I had probably forgotten him, and replying I had, he said many years ago he was a mechanic in one of the largest engineering works in Manchester, pronounced in a consumption by an M.D., and recommended to his native air, Matlock. His father brought him to me. I took him into our free hospital, where he recovered; returning to his employment, his employers sent him to India with some machinery, where he became foreman, and had an offer of partnership in an essential oil company, with charge of the machinery, and by that has made an independency. I could give many hundreds of cases where health has not only been restored, but, as in this case, been the means of the patient realising a fortune.

SUDDEN ATTACK OF BRONCHITIS will be arrested by the following plans:—First, No. 9, 13; then, No. 68, and 138; 98 at bed-time. The following day have, on rising, No. 14 or 13 $\frac{1}{4}$; during day, 74 or 70, 141; and at night, 98, and 79, 208, 198, 196, 153, 177, 172. If in delicate persons, immediately apply 68 and 141; after this, 180, placing a piece of spongio piline, sprinkled with hot water, underneath collar of compress, and if no spongio, use flannel, and a good, warm, dry flannel wrapper over the collar. After the effects of the mustard have a little subsided, then attend to No. 226, and wrap the legs in strips of new flannel, and apply

153½ and 215, kept regularly renewed. Repeat the above 68 and 141 as often as required, to keep up good reaction on chest and legs; warm barley water, to keep sipping. If food is wanted, milk, or milk and water, thickened with Du Barry's Revelenta, one ounce to a pint, sweetened with a little refined sugar, or taken with a little salt, but no bread with it. Revelenta can be had of any druggist or grocer. Food very light, and the less quantity the better; no stimulants, cough mixture, or any physic whatever. The temperature of the room should not be under 70 degrees; or, if this cannot be had, use of respirator night and day, till attack has subsided. The respirator is very useful and safe in such cases.

CHEST COMPRESS.—We use different kinds and sizes. The shorter chest spongio-piline compress, with collar, is invaluable in all chest complaints, and bronchial affections, or of the lungs. The collar is made of two thicknesses of calico, covered with oiled silk, and quilted. (See Bath list, 177, 178, &c.)



13 in. from E to F, 10 in. from C to D, 14 in. from A to B—full size
6 in. longer, collar 14 in. long, 3 in. wide.

The spongio should be bound with tape, and have two crossings of tape at the back, to keep it from stretching, and should be worn night and day until the complaint is removed. It will not weaken the chest; but, on the contrary, greatly soothe, and bring external warmth and circulation, and so relieve the internal congestion. Worn dry, or slightly sprinkled with tepid water morning and night, but not too wet, or the compress will feel cold. The 179, without collar, will be useful at the back, and 179 in front, dry, as the apex of the lungs comes up to the point betwixt the shoulder and neck. The above chest compress we ordinarily use with a body bandage. Sometimes, however, the body bandage cannot be used for want of vital heat, and then we find the full-size spongio chest compress, 180, to be the best. Either of these chest compresses, or the calico one (see Bath list, 181 or 182) are excellent preservatives to wear in case of exposure to cold, or on occasions of public speaking, in winter. It should be observed, that if *any bandage feels cold, it will do harm, rather than benefit.* (See Bath list, 177 to 185.)

WET PACK FOR SORE THROAT.—Many a valuable life

packing the throat at night as follows:—Take a napkin, wring it out of cold water, fold in four lengthways, wrap it round the throat, and two yards of flannel over it, or a macintosh body bandage; however often this is used, it will not injure or relax the throat. Persons should always take the precaution of sleeping in it after public speaking. This plan has been instrumental in restoring and preserving many a valuable life. It is well known that the majority of earnest ministers of the gospel, and other public speakers, become invalids, and are obliged to give up their work from bronchitis and relaxation of the throat and uvula; packing the throat and using the respirator after sermons or lectures, would most effectually save them. One point must be noticed, the flannel wrapper should be thick enough to keep a good warmth up; and in the morning sponge or wash the throat well with tepid water. In obstinate sore throat or quinsey, keep it on night and day, re-wetting once or twice in the night, and every half-hour in the day-time. Spongio-piline* could be used in day-time, being less bulky, but there must be good heat kept up. Bath list, No. 82, two or three hours, followed by No. 81, six or eight hours, if internal swelling. 220 to throat useful. 196 Bath list.

TREATMENT FOR RELAXED SORE THROAT.

Keep *dry* spongio and flannel over throat, and when it feels too hot and uncomfortable, take it off and rub throat with tepid vinegar and water and hand, and then put it on again. Gargle three or four times a day with tepid water, or Condyl's Fluid, eleven parts water to one of pure fluid, and keep a mackintosh-bag with a little hot water to upper part of chest as much as possible, and lie still.

If throat feels choky, then use a jar with boiling water, and hold the mouth open wide over it, and let the steam go down, and let all the saliva run into the jar *before gargling*.

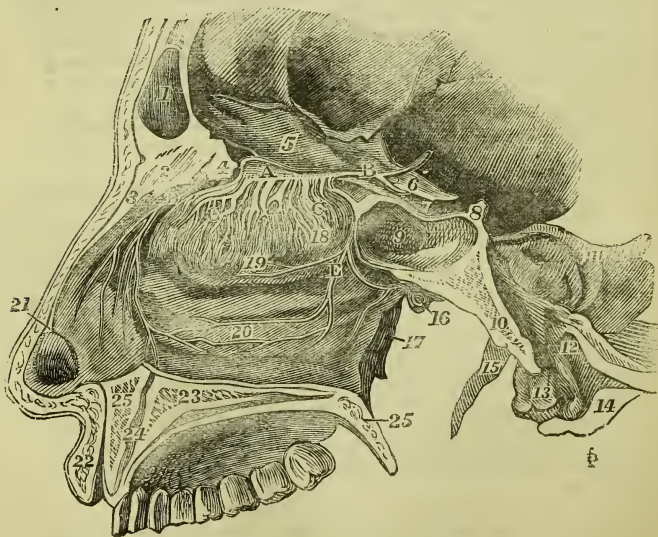
Use 22½ with vinegar and water all over body morning and night. 178 or 179 and 163¼ and 179 on back would hasten cure.

THROAT AFFECTION AND DIFFICULTY OF BREATHING.—An elderly lady had for a long time been troubled in this way. A flannel wrapper wrung out of hot water was put round the throat every night, and a large roll of dry flannel over it. This was continued for a week; sponging the throat with water 80 degrees, in the morning, and putting usual half-chest wet compress on with collar during the day, soon quite removed the complaint. If stubborn, mustard plaster on the throat, and kept red for a few days, with hot mustard foot-bath at bed-time, will aid the fomentation. See Nos. 79, 80, 81, 82 on Bath list.

* Spongio-piline may be bought of Wandle Felt Company, 14, Hanover Square, London, and at most druggists'.

INFLUENZA.—The treatment varies according to the age and strength of the patient. In ordinary cases we commence with 46, and 12 or 12½; then 156; afternoon, 93; bed-time, 156, 194, 168, 172; next day, same, and 208, 212, 213; 59 is very useful in some cases. Any stronger treatment will be prejudicial, as the strength is always greatly reduced in these cases; and, in fact, it is the lowered vitality of the frame which is the cause of the complaint. Next, warmth and patience are requisite. Influenza is not to be got rid of like a mere cold or bilious attack; and every attempt to do so quickly will only more endanger the patient's life, by laying the foundation of chronic disease. If 46 cannot be managed, substitute 52.

QUINSY, OR INFLAMED OR ULCERATED SORE THROAT.—46 and 80 same time, and 14 after pack; then 79 and 166, 177. Every two hours use 82, until relief is given; then 79, 98 at bed-time, soaping, and feet in hot mustard. No. 138 during the day, for fifteen minutes good. A perseverance in these plans will certainly cure without medicine. If relief is not soon had with 82, put on 81, and repeat it, if the skin will bear it; 208 and cooling drink; aperient medicine will only increase the mucous inflammation. Thin barley water very good, and also one-third of a bottle of soda-water, with a spoonful of raspberry vinegar bottom of the glass; repeat this every four or five hours. 215—No. 46 repeated every day till relief is had. If the patient feels weak after the first one or two packs, use 141 or 144 instead, and wrap legs in dry flannel, and feet also. We have proved these plans effectual in a severe case of ulcerated throat, after scarlet fever recently.



The distribution of the olfactory (to the nose) or first pair of

The distribution of the filaments of the olfactory, sphenopalatine, and fifth nerves, to the mucous lining of the external wall of the right nostril.

1, the cavity of the frontal sinus; 2, the nasal spine of the frontal bone; 3, the right nasal bone; 4, the root of the crista galli; 5, the roof of the right orbit; 6, the anterior clinoid process of the sphenoid bone; 7, the concavity of the cella Turcica; 8, the posterior clinoid process; 9, the sphenoidal sinus; 10, the basilar process of the occipital bone; 11, the petrous portion of the temporal bone; 12, the anterior condyloid foramen of the occipital bone; 13, the right condyle of the occipital bone; 14, the inner aspect of the mastoid process; 15, the styloid process of the temporal bone; 16, the opening of the Eustachian tube; 17, the external pterygoid plate of the sphenoid; 18, the projection of the superior spongy bone arching over the superior meatus; 19, projection of the middle spongy bone arching over the middle meatus; 20, projection of the inferior spongy bone arching over the inferior meatus; 21, section of the soft parts of the nose; 22, section of the upper lip; 23, 23, section of the hard palate; 24, the nasopalatine canal; 25, section of the uvula. A, the bulb of the olfactory nerve; B, the three roots by which it arises from the brain; C, C, the distribution of its filaments to the mucous membrane covering the superior and middle turbinate bones; D, a twig from the nasal branch of the ophthalmic division of the fifth nerve; E, the sphenopalatine nerves, or nasal branches of Meckel's ganglion, entering the nasal fossa through the sphenopalatine foramen.—Quain and Wilson.

DISEASE IN THE FRONTAL SINUS (see cut, page 134)

CAUSING FETID DISCHARGE FROM THE NOSE, is often very distressing; sometimes decayed bone will come away with the matter. We have successfully treated several cases which had resisted all other remedies, by the following simple plans. One case of years' standing was cured in two months, and is now, two years since, quite well. Twice a day put feet in hot mustard and water, and at the same time use bath No. 136; use No. 92 night and morning for ten minutes, and head wrapped as in No. 136 same time. The ordinary home treatment, dripping sheets, &c., to be practised in addition. 131½, 136 good.

CATARRH, OR NOSE COLD.—Wet pack the forehead, then put some tepid water into a basin, or mug, and put the nose into it, and commence sniffing up the water; do so for three or four minutes, then wait awhile, and do the same again, repeating this several times a day, according to the severity of the attack. Keep the whole head well packed all night, a little flannel pad squeezed out of hot water, and laid over the forehead before the wet bandage is put round the head, aids the beneficial effect. This plan will also stop nose bleeding, with the addition of keeping a cold cloth at the nape of the neck. No. 111 will be of use if above unsuccessful. 131½, 136 136½.

COLD, CATARRH, OR STUFFING IN THE HEAD.—Take No. 137 on Bath list, and then wipe over legs and feet with tepid wet towel, then 195. After getting into bed, put a cold wet cloth on the top of the head, have some boiling water and hold the face over the steam, throwing a blanket over the head and over the vessel with hot water, to keep in the steam, for five or ten minutes if comfortable (*frequently renewing cold wet cloth on the head*); then sponge face and head with tepid water, and well pack the head, according to 134. If cold is heavy, the quickest way to cure it is to keep in bed day and night, and repeat the above once or twice during the day; but if slight, the above at

bed-time will suffice. 136 after steaming will be found to hasten the cure, and even would of itself cure slight attacks.

ASTHMA.—There are various kinds of this affection, and mostly incurable; but we have often given great and even permanent relief by the following plans. Foment the chest, and then apply half chest spongio piline damped compress, and wear this or a calico chest compress whenever the breathing is difficult; and also wear a wet body bandage occasionally, to keep the stomach and bowels in order, 177 or 178, 168 $\frac{3}{4}$, 174, 72 $\frac{1}{2}$.

Maw's Respirator* will be found of very great service in going out in cold or foggy weather, and may be kept on all night without inconvenience; this is very necessary if the asthmatic subject sleeps in a cold room. Stimulants, tobacco, or much flesh-meat aggravate asthma greatly. During a paroxysm, a hot water shallow bath ten minutes, and after a tepid wash down, is very good; or, if shallow cannot be had, 93 or 98, and a sponge over in tepid water. Throat pack very useful. Over-excitement, late hours, irregular living, will aggravate the chronic state of the disease. Warm clothing in winter is essential, if the climate be cold.

Case No. 6.—Age 22, **EPILEPSY.**—Under the following treatment he had only one attack, shortly after he came, and has had none since:—First morning, 101, 31; second, 101, 3; third, 101, 3: first forenoon, 36 slight; second, 111, 132; third, same: afternoon, 111, 132, 155, 186, 164, 172, 208.

LOSS OF VOICE.—On rising having the chest and throat rubbed with 70 degrees water, till red, then wet pack the throat, and put on a dry spongio piline chest compress, and a piece of new flannel round the bowels; then put the feet into 100 degrees mustard and water for three minutes, and wipe them with a towel dipped in 80 degrees water, and *dry* rub with the hand. In the forenoon, put the feet and legs up to the calves into 100 degrees mustard and water for ten minutes, and rub the chest and throat again, as on rising; then pour a can of cold water over the legs, and dry rub them with the hands till warm. Afternoon, take a running sitz bath 80 degrees for ten minutes, and daily reduce the heat of this bath till it can be taken cold; rub the chest and throat again as before. At bedtime, repeat the rubbing on the throat and chest, and put feet into hot water two minutes, then put on wet and dry socks, only wetting the soles of the socks, and keep them on all night. If the above does not speedily produce a good effect, then apply fomentation on the chest morning and night for fifteen minutes before the rubbing, and also put on occasionally a mustard poultice on the chest till it becomes red; 80, 81, 82, 58.

CHOKING.—"On Monday last, Mr. J. Parry Cole, a professor of music, at Arundel, was playing with a fourpenny-piece, by jerking it out of his hand into his mouth, when by some accident it was drawn into the windpipe. He endeavoured by various means to remove the coin, but unsuccessfully. Immediately he sought a neighbouring surgeon, who administered an emetic, but this failed, and Mr. Cole was appalled by being told 'that nothing more could be done,' and it was probable that mortification would ensue. So

* Solomon Maw, 11, Aldersgate Street, London. Price 5s., or 5s. 4d. per post.

further than that it produced a kind of wheezing noise, similar to that in an asthmatical person. After trying every means to move the impediment during the night, Mr. Cole hastened to Chichester the next morning, where he was called professionally; but being unable, from pain and natural anxiety, to attend to his duties, he called at the surgery of Mr. C. S. Jones, who, by auscultation, could easily detect the coin lying at the bottom of the windpipe. The same sad tale was told him as before, and that mortification would probably set in in two days. The only chance was to have some chloroform administered, and endeavour to remove it by an external operation. This was, indeed, sad news for a young gentleman in the prime of life. But previous to his leaving Arundel, a lady had reminded Mr. Cole of a similar accident occurring to Mr. Brunel, the engineer, who had the misfortune to get a half-sovereign in his windpipe in playing with his children. The way in which that was removed was in placing the gentleman on his head, and giving a violent blow at his back. Mr. Cole mentioned this circumstance to Jones and his assistant, but both were somewhat doubtful of such an experiment. However, Mr. Cole insisted that this singular plan of removing the imprisoned coin should be tried. A cushion was placed on the floor, his legs were raised in the air, and a violent blow was given on the back; immediately Mr. Cole shouted 'Here it is!' and true enough the fourpenny-piece had fallen from his mouth upon the floor. To describe the feelings of the patient at this moment would be impossible. The medical gentlemen were equally delighted at the result of their operation; the cushion on which Mr. Cole had placed his head was seized and thrown up into the air, and three hearty and joyful cheers were instinctively given at such a happy termination of what had threatened to be a most melancholy misfortune."

SWALLOWING A BULLET.—"A Highland shepherd, whilst mumbling a small bullet between his teeth, unfortunately let it escape from them and slip into the windpipe. He coughed incessantly for two hours, after which he had slight inconvenience beyond a little occasional dry cough, till the middle of the following day, when he was attacked with shivering, headache, and deep pain in the right side of the chest. The shivering and headache ceased, but the pain continued, and he was excessively drowsy. On the evening of the third day he was seen by Dr. Macrae, who, being satisfied of the lodgment of the bullet, 'directed the man to be strapped securely to a common chair, that he might be easily suspended from the rafters of the roof with head downwards, in order that his chest might be conveniently shaken by a rapid succession of sudden smart jerks, and that the weight of the bullet might favour its escape from its seat in the lungs.' He was kept depending as long as he could endure such an uncomfortable position, and then placed in the horizontal posture for a few minutes to rest; when sufficiently recruited he was hung up again, Upon being taken down the first time, he described the pain in his breast as moved nearer to the top of his chest, and during the third suspension he joyfully exclaimed, 'Thanig-á, thanig-á!'

('It has come, it has come!' in the Gaelic language), immediately, after a smart shaking and a few convulsive retching coughs, and spat the little bullet from his mouth."—*Household Surgery; or, Hints on Emergencies.*

RHEUMATIC FEVER AND DISEASE OF THE HEART.—The ordinary allopathic treatment of rheumatic fever rarely fails to leave disease or permanent functionary weakness of the heart. Under our mild treatment this is never the case. I have had a great number of cases who, after repeated attacks, were hopeless of ever regaining their health, and in all cases where actual organic disease of the heart had not been caused by physic, have got thoroughly sound.

Persons are often alarmed at passing so much more urine than they take in liquid, but this is easily explained. Even beef turns principally to water; in other words, liquid from lymph and serum. A cold will close the pores, and throw a large quantity of water on the kidneys, which should have passed off by the skin. Slight derangement of the kidneys will cause a larger quantity of urine to be passed off, same as looseness of the bowels. A large discharge of urine is simply a functionary derangement, unless persistent, and then diabetes may be in operation.

DISEASES OF THE KIDNEYS.—The space I have here will not permit me to go into the intricacies of this subject; I can only make some general observations upon the irregularities and diseases of these organs. Dr. Johnson's work on the subject gives the best and most extensive information.

I give in this work a clever engraving of the blood-vessels and absorbents in the kidneys, with a description of their nature and offices; and it will be seen how delicate and wonderful the action of the Malpighian tubes are; for through these knots of blood-vessels the uriniferous tubes which cover them draw out, by their electrical power of attraction, the urine from the blood. How this is accomplished physiologists have been unable to discover, for there are no perforations nor any appearance of outlet; they can only tell that the act of abstracting the urine from the blood is there performed, and carried into the bladder. Other impurities are drawn away out of the blood by the same process. Comparatively little attention is paid to the state of the kidneys in doing their work healthily. All attention is often absorbed by the bowels, when it is as necessary to health that these organs should take out the waste matter from the blood, as the bowels do the fæces. The delicate structure of the kidneys points out at once how necessary it is to live in the plain manner it was designed we should do, for all the ale and porter, and the wine and the spirits, and the hot condiments, and the infinite variety of the cook's inventions, enter the blood, and have to pass these purifiers as well as the liver.

The quantity of alcoholic drinks many use wear these fine knots of vessels out, or cause inflammation in them; and the consequence is, in thousands of cases, destruction. The uriniferous tubes, when diseased, draw out with the urine, serum, and the life of the blood; bringing on diabetes, which so rapidly reduces the body. I am often told persons have the gravel, and that there is a gravelly sediment in their urine: this is a mistake; that sedi-

purification—when the liver is put right, the sediment mostly disappears.

Where there is pain in the small of the back, where the kidneys are situated; or uncomfortable feeling, with restriction of urine, and the urine high coloured, I find the best remedy is the use of the hot fomenting pads for half an hour; one on the back, and another on the front of the body, 64 Bath list; with a hot can underneath that on the back, and one on the front; 70 $\frac{3}{4}$ often as can be borne. This is beneficially stimulating to the liver and stomach, as well as the kidneys. After the fomentation use 220 to the kidneys; 115 $\frac{3}{4}$ good; 174 damped; under bandage plenty of wrappers, to keep up vital heat to the part. Continue body bandages night and day; 98 good at bedtime.

Avoiding all acids, or pepper, mustard, coffee, avoid all ale, porter, any kind of wine, or spirits, or tobacco, abstinence from animal food till better, 77 Bath list as much as convenient, and the less walking exercise till well the better. Persons of active habits, when out of order, will not give Nature time to recover, and suffer accordingly. Nature's laws are unalterable and inexorable—the disregard of them punishment and death. Thousands lead a miserable life who might be in comfort if they would regard Nature's admonitions, and resolutely act upon them; but the delusion is general, that any ailments can be met by physic—allopathic or homœopathic—without the necessity of self-denial and trouble. But "truth is great, and will prevail," and the body finds this out in constant trouble and change from one medicine to another, and from one doctor to a fresh one. If the skin is not kept in good condition, and its pores free, the matter that should pass through it is thrown on the kidneys, the lungs, and back on the system. Nature uses any outlet to relieve itself of impurities. Entire rest reclining is essential in this disease. Another and primary cause of disease is the presence of albumen in the urine, from the lowered vitality of the nutritive nerves not having power to keep up the healthy chemical compounds. From the great importance of the subject, I quote Hooper largely further on. In any disorder in the action of the kidneys, try the effect of our applications to the skin, and the sitz baths, and the body bandages, and I am sure relief will be found, and without possibility of harm; not so by drugs. No. 93 Bath may be used often; 70 $\frac{3}{4}$ very efficacious; and 220.

DIABETES.—This is a disease that is never cured by medicine. The cause is, that instead of quieting the inflammatory action going on in the kidney (and especially in the Malpighian tubes), porter, wine, and flesh-meat are ordered in profusion, along with physic, increasing the inflammation in those parts; thus, by the introduction of more inflammatory matter, under the idea that all these "good things" are necessary to keep up the strength of the patient, but which, instead, add fuel to that fire already burning, and thus consumes the structure with double speed. The cause of the inflammatory action is in the blood, which, by the frequent use of stimulants and improper diet, has become diseased, and its chemical properties deranged; and by it disease is carried into the kidneys and the delicate structure of the Malpighian tubes. We first use

strict diet, abstinence from all stimulants, &c., as I have stated in affection of the kidneys; no flesh-meat, gentle fomentation, sitz baths Nos. 115½ and 98; but the system is soon so lowered that even dripping sheets and sitz at 80 degrees are too cold. For these cases we give them at 90, until they can be borne with comfort lower. There is the lowest vitality to deal with, and excessive or strong water treatment would inevitably do mischief. (70¾, 168¾, 220, before and behind, 169¼.)

WEAKNESS IN THE BLADDER, or Stricture in the Urethra.—This elderly persons are often troubled with. The use of the 233 body bandage and sitz bath, at 90 degrees, for six minutes, run down to 70 degrees for four minutes is very beneficial, several times per day. I have a case now of a gentleman, rather stout, and otherwise healthy, age about 68; and the following is the prescription given:—On rising 144 and 14; forenoon, first day, 115½ five minutes; second, 90 and 107; afternoon, 107 and 172. No 98 is a very useful bath in many of these cases, and easily applied.

INDIA-RUBBER URINALS FOR MALE AND FEMALE RAILWAY TRAVELLERS, INVALIDS, AND CHILDREN.—These urinals are made on the most approved principles, and are all fitted with the recently-invented valve, which will not allow any return of the water by the upper part, by being placed in any position; and from their improved construction are better than any similar articles at present in use. Descriptive circulars and lists of prices sent per post. Hospitals, infirmaries, and unions, supplied on the best terms with every article for the use of the sick and invalided. Sparks and Son, patent surgical truss and bandage makers, 28, Conduit Street, New Bond Street, London.

STOPPAGE OF URINE.—Immediately give 138, and rub the whole trunk of body as hard as can be borne without pain with towel and cold water whilst in 138; but if pain, then prepare 231 whilst the patient remains in 138. Continue in 231 till full relief for several times has been obtained. Each time when passing the urine sit over boiling water, so that the steam may prevent pain. If 231 cannot be applied, 98 or 93 must be attended to, but still use 138 first, and repeat 138 as needed afterwards. (See page 331.)

BLADDER IRRITATION.—This is only a symptom of acidity of the stomach from indigestion, or from taking stimulants, or highly-seasoned food, or cold. 98 Bath list, twice or thrice per week at bed-time; wear 168¾, 220, 169¼, night; 168¾, 174, day. (See Bath list.) Avoid all stimulating food or drink, no tea or coffee; 93 Bath list, good; also 69, 73¾, 115½.

DROPSY.—The varieties of this disease, and the causes, can only be studied in the works of professional writers on the subject. The ordinary form of dropsy, with the swelling of the whole body, is one we have very successfully treated, when it has not been the result of heart disease; even then life has been prolonged, and ease given up to the moment of death. One such case was that of a female of eighteen years of age, who had been given up by her doctor: he had assiduously attended her, and done everything in his power for her relief, but in vain, and he expected her death every hour. In this state she was removed from her cottage, some

that death she was not prepared for. We began with fomenting her stomach and bowels as she reclined in an easy chair, and steamed the legs; afterwards wiped the body and legs with a towel wrung out of tepid water, then packed the legs with strips of calico wrung out of warm water,—mackintosh strips over, and then flannel to keep in all the warmth possible. Spongio piline damped with warm water to the stomach and bowels when not fomenting; once a day dry rub the legs by two persons. The swelling in the trunk was reduced nearly to the natural size, the appetite returned, and she enjoyed her light dinner on the day she died, which was upwards of three weeks from the time she came. Her departure was without pain, and in perfect assurance of the salvation of her immortal soul. She called for some of her former companions to see and hear what religion could do for the dying. The heart having been irremediably diseased, there was from the first no hope of restoration; but it is no little advantage of our system to give ease of body without clouding the mind with opiates—the only resource of the doctor to relieve dying agonies. Several similar cases in advanced life have been similarly relieved.

Often the legs are swollen merely from weakness. We see to renovating the stomach, and getting good functionary action of the liver, &c. Pack the legs as No. 214 night and day,—steam them once or twice a day, and pour tepid water over them, and dry well with towel, then dry rub with hand for five or ten minutes, and replace the packings. Every other day give a leg bath to the knees in mustard and water 100 degrees, then wipe with a towel wrung out of cold water, then dry rub with a towel and hand, stroking downwards always in these cases; give little flesh meat, but our usual diet, no stimulants of course. The more we see the invariable response Nature makes to these natural appeals, the more confidence we have in our plans. There is nothing punishing—nothing in the treatment the body shrinks from.

Dropsy is of two kinds: dropsy of the serous membranes—as the lining of the chest, the pericardium enveloping the heart, the covering of the bowels, the brain, &c., and simply means that the serous circulation is too weak to perform its functions, hereby causing an accumulation of the serum, commonly called water. Now, instead of boring a hole into the part, or putting in setons, to draw the water off, we, by invigorating the circulation by natural means, get the serous absorbents to act, and take away the excess of serum; and in this way we have a great number of cases of persons recovering who had by the doctors been given up to die. General dropsy results mostly from weakness of the lymphatic circulation; and in these cases we have seen hundreds easily re-tored to health by sound physiological remedies. The space in this work will not allow of my going more at length into these subjects, and I only add a parting injunction which concerns every one's existence, that is, to think, reason, and act for yourselves, and not give up your reason and bodies to be operated and experimented upon by those commonly called the faculty, persons who in many cases seem to want the true faculty of discernment so really essential to the profession. (See page 159Q.)

The extensive system of lymphatic veins and glands distributed

throughout the body absorbs matter, purifies it, and returns the nutritive part into the system, and the rest into some of the channels which carry useless residue away. The glands perform a very important office, and act extensively as chemical laboratories in preparing nutritive matter for assimilation; beyond the fact that they have this power, little is known of their complicated and delicate structure. The wonderful organism of the human frame, taken in all its parts and workings, is altogether past comprehension. It would make this description too complicated to go into all the minute particulars of the structure and working of the various parts of the frame.



LYMPHATICS OF THE UPPER PART OF THE TRUNK AND HEAD.

SOURCES OF LYMPH.—The liquid part of the blood, called the *liquor sanguinis*, or *plasma*, charged with nutritive principles, exudes by the process of exosmosis through the coats of the capillaries, and being diffused among the tissues, supplies to them respectively the matters proper for their repair. The residuum of the plasma is absorbed by the multitude of lymphatics which pass through the same parts, into which it enters by the process of

STRUCTURE OF THE LYMPHATIC GLANDS.—It was formerly supposed that, in passing through the glands, the lymphatics entered into direct communication with the blood-vessels. The researches of modern physiologists have proved this to be an error. A lymphatic gland consists of a mass of minute lymphatic vessels, among which numerous sanguiferous capillaries (blood-vessels) ramify. Between the two sets of vessels there is no inosculation. They conduct their respective fluids altogether independently of each other. The lymph which passes into the gland by the afferent vessels, passes out of it by the efferent ones, having in the gland been infinitely subdivided by the minute and multiplied tubes which form the substance of the gland. Whether there is any interchange between the blood of the capillaries in the gland by exudation or exosmose and the lymph of the smaller lymphatic vessels, is mere matter of conjecture, unsupported as yet by any results of immediate observation. A healthy human body of 154 lbs. weight contains 111 lbs. weight of lymph and serum for the purpose of lubricating the muscles, joints, bones, and cavities. When these absorbents do not do their duty, hence dropsy, which we have cured in vast many cases by drawing the excess of lymph through the skin and kidneys, and invigorating the absorbents: many cases given up to die have been restored.

WATER ON THE CHEST.—When effusion has taken place to much extent, the patient never entirely recovers, and it is mostly soon fatal. When slight, and in subjects not advanced in life, and when it has not been caused by excessive use of drugs or stimulants, it may sometimes be removed, simply by our gentle applications to the skin and the wet bandages, fomentations to the stomach, mustard applications to the legs, and foment. If a good crisis can be got in the non-vital parts, the legs, the effusion on the chest will sometimes be withdrawn, and the patient recover; but, if any medical means are tried, recovery is hopeless, as the physis stops the action of the nutritive powers, by which alone the body can throw off disease. It is indeed distressing to see our friends the victims of the superstitious belief in the efficacy of physis to cure ailments which it never cures, but mostly stays one disease to set up another. I have seen stout persons trusting to the doctor's drugs to enable them to live in defiance of Nature's laws; the aperient and the lancet have warded off threatened attacks of apoplexy again and again. Often have I heard, "I am stout, I can stand reducing; I get a good clear out, and am well again;" but this clearing out ruins the vital powers of the body, sets up slow chronic mucous inflammation, and eventually so weakens the frame that acute inflammation of some vital organ takes place, and a quick dissolution is the consequence; or, in other cases of strong constitutional powers, water in the chest comes on; and then come the drugs to try to raise the vital powers for absorption, but the previous reducing processes long continued have cut the very ground from under the deluded patient, and he dies long before God intended, had God's laws been observed,—eating and drinking to live, and not living for the gratification of the appetite. What account will such persons have to give to their Creator of their stewardship, that the world thinks little or

nothing of; but the fact remains, that God in his Word declares, "*he that soweth to his flesh shall of the flesh reap corruption.*"

DROPSY OF THE CHEST is effusion of the serum and lymph in the cavity of the chest, just as **DROPSY OF THE BOWELS**. In both cases we use our usual means to renovate the health. Our 64, 141—48, 143—50, 141, 70 $\frac{3}{4}$, 223—114, 73 $\frac{3}{4}$ —178, 186—233, 234—159—115 $\frac{1}{2}$; 59 carefully, 52 sometimes on 39, all with a view to get the skin to free action, and raise the power of the stomach, liver, and bowels, avoiding all medicine or stimulants. Purgatives destructive, or diuretics. We have cured some severe cases, especially dropsy of the bowels, when we have got crisis all over the bowels, and the water has been carried away by crisis. One, the case of a wine merchant, age 38, had rheumatic fever five times; brought dropsy of bowels and heart disease. Tapping was proposed in London, but his relatives had benefited at our institution. They insisted on his coming; he came, and was perfectly restored to sound health by our treatment. (See page 159Q.)

The editor of a northern newspaper, about thirty-five years of age, came to me this summer, dropsical, flesh flabby, and so pasty that I could imprint my finger almost in any part of his person. His medical attendant said he had done all he could for him, and he then (as is usual with the majority of our cases when physic, blisters, setons, &c., have been tried to restore vitality and failed) came to my establishment, and was much surprised and pleased to hear me say his recovery was certain, if he would give me time, and obey my directions strictly. I began with gentle fomentations to the stomach and bowels, with tepid dripping sheet after, 50, 141—48, 141—64, 141—70 $\frac{3}{4}$, 59; gentle vapour five minutes, followed by shallow bath, 70 degrees; dry rubbing all over by two men, sometimes with, and sometimes without, a little dry mustard; then, without washing, replace the wet body and leg bandages—sometimes steamed the legs only—watching the strength, and only giving as much treatment in one day as his low powers could bear; 233 night, 234 day. After three weeks he was covered with crisis, which discharged freely, and on his legs and ankles to such an extent that it ran into his shoes. He was in a pitiable state, and despaired of recovery. I told him I had not the least concern for him, or doubt of his entire restoration from the first, having perfect confidence in our appeal to nature by such natural means. He has long returned to his duties, and has written to me this week saying he is in perfect health, and has stood the fatigues of a contested election without any inconvenience.

SKIN DISEASE.—We have had many cases of long standing, and in every case where the patient would give the necessary time, and conform to the rules of treatment, they have been radically cured. Several cases have been from ten to twenty years affected. Persons going to a medical man for such a complaint are told of such a variety of skin diseases that they are as much puzzled as the doctor what to think of the matter. The fact is that, for want of circulation of nutritive blood in the skin the parts become dead, dry, and scale off; or from stoppage of the capillary circulation, the blood in the fine arterial veins called capillaries, becomes venous, then morbid, causing sores and sloughing. Acting on this theory, we have invariably seen the most obstinate cases, described by various scientific terms, thoroughly

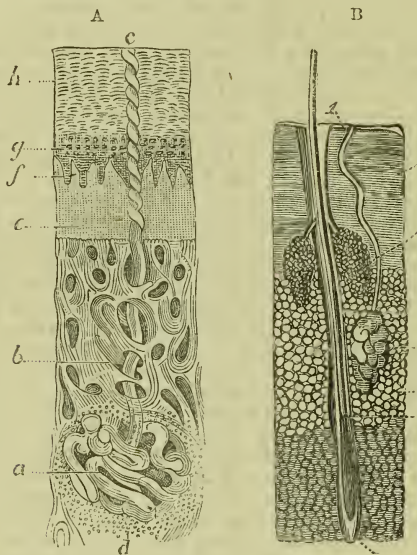
raise the general health; diet of a simple kind, avoiding all stimulants, tobacco, animal food, coffee, pickles, and any food not easily digested; no medicine or lotions of any kind. A single dose of the simplest purgative will immediately arrest the progress of cure. Our general treatment is on rising, Bath list 13, 130, 96 or 10, or 35 or 52; 59 twice or thrice per week, according to strength of patient; 39, with 96, or 10, every day, or every other day alternate, with 59, 96, or 10, but not 39 and 59 same day; 87 five min. once per day, or 92 five min. feet in mustard; 48 sometimes, to keep the liver acting, or 49; also 165, to keep bowels in order. When crisis done discharging, have flannel dress over damped swansdown instead of the mackintosh, to allow more free evaporation. It is most important to keep the surface of the body, where affected, covered with swansdown calico or silk webbing, wrung out of tepid water, with jaconet mackintosh or oiled silk over the calico. The object is to keep up moist warmth to the parts, to encourage vitality, and bring circulation of nutritive blood to repair the injured tissues. When Nature has done her work, care should still be taken to keep the tender skin from the air until it has had time to form and harden, and this is done by the use of our crisis calico, leaving off the mackintosh or oiled silk, as described under the head "Crisis." If in winter, warm clothing will be necessary all the season, to give the skin power to fully recover. The letters AIN good. (Page 358. See also p. 159c.)

On an average one hogshead of blood passes through the heart and lungs every hour, and calculation shows that entire circulation of the quantity contained in the body takes place in from one to two minutes. A power equal to four cwt. is exercised by the lungs in drawing in the air into the bronchial tubes and air cells, and of three cwt. in expelling the air out of the lungs. It is supposed the linings of the bronchial tubes and air cells around which the blood circulates to come in contact with the air in the tubes and cells, pass a surface or area exceeding thirty thousand square inches. Besides the liver, lungs, and kidneys, other organs act as purifiers to the body. The skin, with its three thousand pores to every square inch, throws off from an average-sized person two to three pounds of impure matter every twenty-four hours by insensible perspiration. There are, it is supposed, on an average, twenty-eight miles of these minute corkscrew-like ducts or conduits to let out the perspiration (see cut of skin). Then there are as many pores called absorbents, to the minute capillaries, to give them oxygen, and to cause combustion of innutritious matter. Hence the necessity of breathing pure air, and keeping the skin cleansed of dirt and excretions, which otherwise would be re-absorbed; and also the necessity of having under garments frequently washed, or they will become charged with this fetid matter, and will restore it back to the system by the absorbents.

A is a sudoriferous gland; b, c, the duct which comes out on the surface of the skin in a spiral form; it is calculated that there are 7 to 8 millions of these in the skin of the human body, measuring a total length of 28 miles, and they throw out about 2 lbs. in insensible perspiration every 24 hours, besides what comes away by active perspiration; d, the sub-cutaneous cellular and adipose tissue; e, the derma; f, the papilla; g, the rete mucosum; h, the epidermis.

Sebaceous and sudoriparous glands of the skin. 1, the thin cuticle; 2, the cutis; 3, adipose tissue; 4, a hair in its follicle (5); 6, sebaceous gland opening into the follicle of the hair by an efferent duct; 7, the sudoriparous gland, through which the perspiration passes outwards.

Fig. *A* shows the corkscrew pores of the skin, computed at eight millions in a human body, and twenty-eight miles in length; these discharge from two to three pounds of waste matter in twenty-four hours. *B* is a magnified section of the skin, showing the position



SECTIONAL CUT OF THE SKIN, HIGHLY MAGNIFIED.

and growth of a hair. An ordinary sized body should throw off two pounds of waste every twenty-four hours through these pores, showing the necessity of washing the skin.

SHINGLES.—Treat as for crisis (Bath list), 64, 141—38, 51, 50, 141—163, 220, 169½, and is easily cured.

ERYSIPELAS.—Apply 58 Bath list often during the day, one hour at a time, and after the sponging put on a piece of spongio piline over the part affected, damped with tepid water; or, if no spongio piline is procurable, then apply a piece of linen doubled, and well wetted, and then a dry bandage over of mackintosh or flannel. If the attack is severe, fomentation to the parts should be used for a quarter of an hour; and then apply the above process of sponging and packing afterwards, frequently repeating till the fever is gone. Constitutional treatment should also be used, such as a warm dripping sheet on rising; fomentations on the bowels a quarter of an hour at night (not too hot), wearing the body bandage 168½, 174, 172. A fomentation pack instead. *Fasting* is

always, and easily, subdue this formidable complaint by our Hydro-pathic practice.

SPINAL DISEASE AND INJURIES OF THE SPINE.

—When organic disease of the spine has taken place, either by the strain of the back or a blow, or from effects of diseases which more particularly affect this part, little can be done, and that only to alleviate. I have not known one entirely recover. I say this to warn persons from those experiments which are so often tried, and which I have known end in total paralysis of the limbs. Females not unfrequently complain of pain and weakness in the spine, especially in the lower part, which has in reality no relation to disease, but proceeds from internal operations of nature peculiar to females, and which is removed by judicious treatment of the sitz bath, bandages, and general attention to the health. Many such symptoms in females are, however, treated as disease, or affection of the spine, and cause permanent injury: we have had such cases from the hands of eminent physicians.

First, where there is known injury to the spine, we use the spinal compress day and night, wetted three times a day, until it brings out a crisis, and also the body bandage partially; very gentle fomentation to the spine (not hot) for one hour, and then sitting on a sitz bath, and washing the spine gently with the hand for one or two minutes, and water nearly cold. Legs put up to the calves in hot mustard and water ten minutes; this not more than once a day.

Gentle spinal rubbing, or 121, 123 Bath list, is good; but any application which strongly stimulates or shocks the nerves must be avoided: the nervous centres will not bear it. Keep in a reclining position as much as possible, and adopt the simple diet recommended in this work. All stimulants, narcotics, and tobacco are bad; much flesh meat to be avoided; anything that is heating is highly injurious. Warm clothing should be worn in cold weather, as the nervous vitality of the whole frame is greatly lowered. Should the patients be induced to use lotions, blisters, or setons, they will certainly repent, but, having once used them, regret will be of no avail.

If the 186 spinal compress does not keep warm, use spongio piline.

SPINAL SLAPPING.—This we find of great use in healthily stimulating the great nervous centres in the spine and brain. In cases of congestion of brain and general nervousness, let the patient sit on a board over the sitz bath either with or without the feet being placed in mustard and water, of 100 deg. heat. The attendant then dips the hands in cold mustard and water and applies it down the spine; gently and quickly slapping with the open hand, one hand following the other from the nape of the neck all the way down the spine; frequently dipping the hand in the mustard and water, the mustard not to be washed off, but the back wiped dry with a towel; the top of the spine should have extra rubbing. The whole operation to last from four to six minutes at a time. (See bath 127.)

BROKEN HEARTS is a strange and unprofessional term, but nevertheless hearts are broken and done to death by thousands,

and in thousands of cases the cause of death is the medical attempts to cure. We have had extensive experience in this subject, and we can look back with the greatest gratification to having rescued many of our fellows from a painful death, and who have been restored to health of body and mind, and enabled to bear the vicissitudes of life with fortitude, and live in enjoyment of life, by our treatment; many with suicidal mania have recovered the full command of their reason and their physical powers. When a person has a mental shock or gradual corroding care, the life in the organic nervous system, which is the cause of nutrition and action of the liver, and all the nutritive organisation, is lowered; the food is not properly digested in the stomach, and the whole process of digesting is lowered, but above all, the power of the liver to purify the blood and take out the gall, which, if left in, circulates in the delicate tissues of the brain, causing the most wretched depression and despondency. Now, the way the medical profession prescribes for such cases is thoroughly contrary to Nature's laws of restoration. Good living is prescribed, when, in fact, the stomach and liver have not power to assimilate any but food of the simplest kind; and as to the administration of tonics or stimulants, it is simply adding mischief to mischief. The fact is, the heart's action is oppressed and distressed by congestion of the liver, and other digestive organs, or the brain, and so the poor sufferer dies of what is termed heart disease; and we have had the great pleasure to see the congestion removed by some of our simple applications (*see* Bath list), 64, 141, 69, 141 on 48, our 131½, 51, our 50, 141, our 115, 115½, 115¾, 168¾, 200, 169¼ night, 234 day, all slightly sponged; or 236 in day, avoiding all stimulants or medicine of any kind. We know now persons in perfect health, and happy in a useful sphere, full of energy and enjoyment of life, brought round by these means, and we have seen others sink in misery, who might have been saved but for their obstinate, unreasoning attachment to the ancient institution of medicine.

HEART DISEASE.—Many patients have come to my establishment under the impression they had disease of the heart; some have been told so by their medical attendants (as was the case with myself some years ago, when I consulted an eminent surgeon in London). Except in rare cases, my patients have found, as I did, that when the liver was got to act well, and the general circulation regulated by our soothing and invigorating applications, and the passages opened for the easy flow of the blood through the liver and other organs, there was no trace of heart derangement. Many are very unnecessarily alarmed at some irregularity of the pulse, and palpitation (*see* page 159F). All dyspeptics and nervous subjects are liable to occasional functionary disturbance of this kind; but where actual disease of this organ has taken place, nothing can be done but to mitigate its effects; and this may be accomplished to a greater extent by mild hydropathic treatment than by any other course. We have had some serious and distressing cases of this kind, and in none have we failed to give some relief. The treatment, of course, has to be varied according to the strength and age of the patient, and the causes which have brought on the disease. First, the diet is a matter of urgent necessity. See to avoiding anything that is at all difficult of digestion, or of a stimulating kind. Little flesh meat should be taken, and that should be lean

little lean cold meat chopped fine, with bread-crumbs and a spoonful of gravy, is good, with a little mealy potato, asparagus, or cauliflower, but no greens, turnip, cabbage, nor any uncooked or fried vegetables; farinaceous puddings good, as semolina, vermicelli, or light flour puddings, with a little stewed fruit, and water to drink; bread should be taken in a moderate quantity at one time, as it swells on the stomach; buttered toast and cakes are bad.

If persons with heart disease have not the strictest and most determined resolution to take food with a view to the nutrition of the body alone, and without regard to indulging the tastes and appetites, they are continually in danger of sudden death from eating to repletion; great numbers die from want of this resolution and self-denial. I have known individuals well aware of having this malady, and of their danger, who, unwilling to resist the cravings of the appetite, have passed from their business or quiet fireside, or their luxurious drawing-rooms and social circle, into eternity. Those who are left behind enter the body, leaving the soul to the mercy of God, and go on in the same course; some of them to die of heart disease, others of sudden inflammation, dropsy, brain attacks, apoplexy, &c.: not a few of such instances I can now call to mind amongst those whom I formerly joined at table. (See page 292.) If any person should read this who has any symptoms of over-feeding, palpitation of the heart, fulness in the head, &c., let them at once make a resolution to discard all but the plainest food, and reject stimulants, tobacco, &c., *in toto*; and, where it is possible, avoid all excitement of business—cold also is injurious. Several cases who have been with us for a time to have their general health improved, and to learn our treatment and practise our dietary, have gone to Torquay for the winter, where, without having a relaxing climate, they have been able to move out in the open air almost every day throughout the season. This is a very important consideration, as when there is any deficiency of the heart's action the want of oxygen in the blood is manifest by the blueness of the lips and countenance. I have a case in my mind now of a gentleman, aged 65, who has been several times with us for affection of the heart, and whom I had great difficulty to persuade to spend the winter at Torquay; but last autumn I pressed the matter upon him so strongly that he decided to try it, and the result is that now, when the winter is pretty well over (April), he informs me he has not had such a good winter for many years.

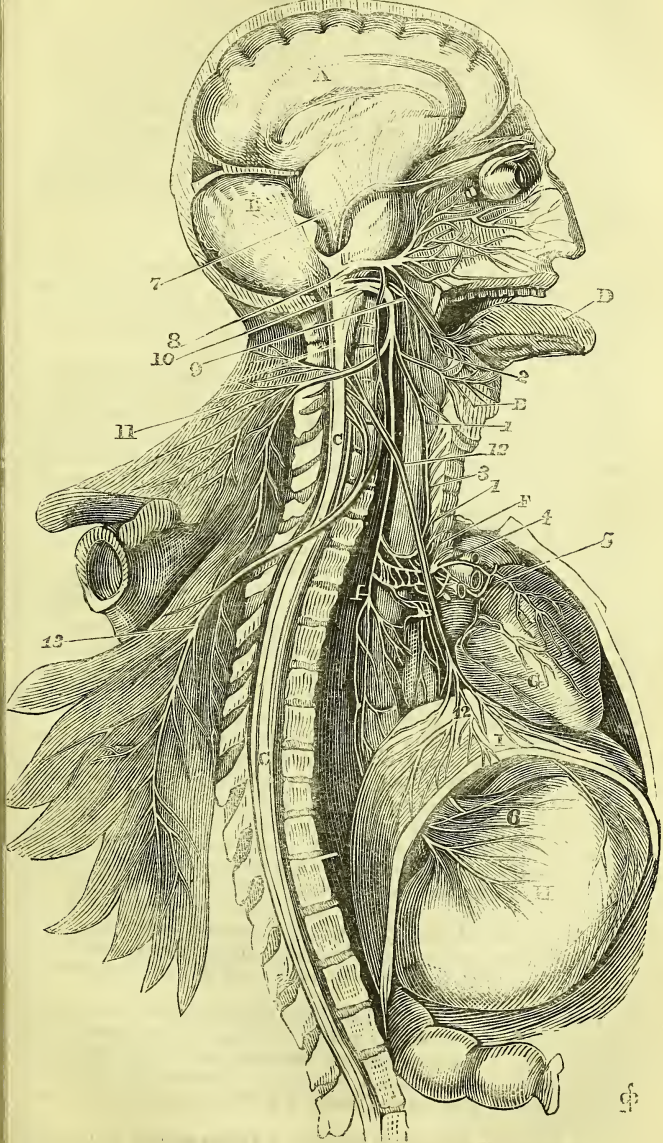
As to the hydropathic treatment of heart disease, the object that must be aimed at is to draw away from the heart the inflammatory action and the pressure on the weakened vessels, and infuse new life into the muscles. This must be attempted by the gentlest means; as it will be obvious to any ordinary observer that the heart having to receive and pass through it about a hogshead of blood in the twenty-four hours, the wonder is that it stands its work at all. The blood has to be forced by powerful action through these often weak or stiffened valves and muscular cavities. They are obliged to do their work as long as life lasts. Not one minute can the often almost disabled ventricles and auricles rest from their labour. They must open and close to admit and send out again the blood which comes to

the heart, by the clavicular artery, to be propelled with force into the lungs, to come in contact with the air to take its life-giving property, oxygen. We see the effects of the same disease on the muscles in the legs, knees, arms, and wrists being weakened, hardened, or contracted; and those who are in that condition feel the pain of working them in that state. Now in a similar way the powerful muscles of the heart become stiffened, contracted, and inflamed, and when this amounts to a certain degree, the heart stops, and the person dies. I can only of course give, as I have before said, a general idea of the treatment; as it will be varied according to the strength or age of the subject. We first insist upon our plan of diet and rest from the harassing cares of business.

In the morning before rising, and whilst the patient sits up in bed, give the upper part of the body a gentle rubbing with a towel wrung out of water 80 degrees, then dry this part and put on a woollen vest, and let the lower part of the body be done in the same way; and put on woollen drawers, for it is of importance to keep the lower part of the body warm. In the forenoon, have legs up to the calf put into 90 degrees mustard and water, and gradually raise the temperature to 100 or 105 degrees, if the patient can bear it, keeping the head wet with cold water whilst the legs are in the mustard and water, and remain so for from five to ten minutes; and then let the legs and feet be rubbed over with a towel dipped in 80 degrees water, and dry rubbed with hand till warm. Afternoon, have the feet put into 90 degrees mustard and water for three minutes, then give stomach pack (see page 82) wringing the towel out of 90 degrees water, and keeping a hot foot-tin to feet; lying thus for three-quarters of an hour, but if restless, then only twenty minutes; then on coming out, sponge over the part packed only. Bedtime, apply a mustard poultice just *below* the heart, and keep it on till the part becomes red, then wipe it off dry. See 232, 104 Bath list.

A piece of spongio piline worn on the heart, and kept damp with *hot* water, is very useful, if it does not bring on irritation; we have used this in cases with good effect. The reader will see in all the above treatment great care must be taken that none of the applications produce a *shock*. Frequently sipping cold water will be a great assistance to the benefit of the treatment. During syncope or faintness, it is best to undress the person immediately, and apply a mustard poultice to the heart, and put the feet into mustard and water 100 degrees, and if possible the hands also; then dry them well. Rub the other part of body whilst the person is wrapped in a blanket, sponging head and face with cold water, and giving sips of cold water to drink. When the attack is gone over, let the person recline and put mustard poultices on soles of feet, and a warm (not hot) fomenting pad to the lower part of the bowels, keeping the head wet and the rest of the body very warm.

HEART DISEASE is very rare, contrary to the prevalent idea that it is so common. It will be seen by the cut how near the stomach is to the heart. When the stomach is inflated with wind, it presses in the dividing membrane which separates the heart from the abdomen, and interferes with the muscular action of the heart, causing a sharp pain in the left breast; but this is not disease or



PLAN OF THE NERVES OF RESPIRATION, STOMACH, HEART, &c.
(From Sir C. Bell's "Anatomy of the Human Body.")

A. Cerebrum.—B. Cerebellum.—CC. Spinal Marrow.—D. Tongue.—E. Larynx.—F. Bronchia.—G. Heart.—H. Stomach.—I. Diaphragm.—J. Pons Varolii.—K. Glenoid cavity of scapula or shoulder-joint articulation of blade-bone.—1. 1. 1. Par Vagus, arising by a single set of roots, and passing to the larynx, the lungs, heart, and stomach.—2. 2. Superior laryngeal branches of the par vagum.—3. Recurrent or inferior laryngeal of the par vagum.—4. Pulmonic plexus of the par vagum.—5. Cardiac plexus of the par vagum.—6. Gastric plexus or corda ventriculi of the par vagum.—7. Fourth nerve, a branch of this system to the trochlearis muscle.—8. Respiratory nerve or portio dura to the muscles of the face, arising by a series of single roots.—9. Branches of the glosso-pharyngeal.—10. Origins of the superior external respiratory or spinal accessory nerve.—11. Branches of the last nerve to the muscles of the shoulder.—12. 12. 12. Internal respiratory, or the phrenic to the diaphragm. The origins of this nerve may be seen to pass much higher up than they are generally described.—13. Inferior external respiratory to the serratus magnus.

dangerous in the least degree. It is made dangerous by doctors' opiates, which lower the action of the heart, and derange the stomach. In other cases, when the stomach is gorged with food, which prevents the free action of the heart, and death is the consequence. (See Cut, page 151 H, G.; also 159F.)

From age, or constitutional weakness, or over-fatigue, the heart's action is feeble, and consequently there is a general feeling of debility and depression of spirits, and paleness of the countenance; but this is not disease. Rest and proper management will bring a person round to his normal state, whether that is constitutionally weak or strong. Persons are often alarmed at the weakness of their pulse; but some have naturally weak pulsations, with fair health. Persons with weak heart action live as long, and oftener longer, than those with strong action. They are not so liable to attacks of apoplexy or inflammation; but they should not attempt exertions which Nature has not given them physical power to do. On the whole, persons with weak action of the heart live longer than the robust, if they are not compelled by untoward circumstances of life to go through great hardships; but frequently delicate persons have an excitable temperament, and are prompted to exertion beyond their powers. Regular habits of life are, of course, of far more importance to them.

An intimate friend of mine, now deceased, had a Herculean frame, never a day's or an hour's bad health until about sixty-four years of age; moderate rules, diet, and habits; but from failing powers of the liver to act as formerly, and accustomed to such good health, disregarded this unpleasant symptom, his strong heart's action, in trying to force circulation in the congested liver, caused pressure on the brain. Some of the fine membranes gave way from the undue pressure, and caused apoplexy and death. Had he been a more delicate man, he would have given way, and been saved. Our Liver Pack, 48, Bath List, would have saved such a case, with one application; but the doctor's calomel and leeches killed him in a few weeks. Such a frame, with such good habits of life, should have lived to 90 or 100 years.

IRRITATION OF HEART OR BRAIN.—Ladies' sitz, with 88 deg. water, for fifteen to twenty minutes. Keep feet on flat tin filled with hot water, without removing shoes and stockings; hold hot water bag to stomach over dress, and have a 220, sprinkled, kept on nape of neck during time; use 25 to loins and thighs on coming out.

The following is from Dr. Smith:—"All the arteries of the body

proceed from two trunks; that connected with the pulmonic circle—the pulmonary artery, and that connected with the systemic circle—the aorta. These vessels, as they go out from the heart and proceed to their ultimate termination, are arborescent, that is, they successively increase in number and diminish in size, like the branches of a tree going off from the trunk. Each trunk usually ends by dividing into two or more branches, the combined area of which is always greater than that of the trunk from which they spring, in the proportion of about one and a half to one. As the branch proceeds to its ultimate termination it divides and subdivides, until at length the vessel becomes so minute, that it can no longer be distinguished by the eye. These ultimate branches are called capillary vessels, from their hair-like smallness (Fig. 119, 4); but this term does not adequately express their minuteness. It has been stated that the red particle of the blood, at the medium calculation, is not more than the three-thousandth part of an inch in diameter; yet vast numbers of the capillary vessels are so small that they are incapable of admitting one of these particles, and receive only the colourless portions of the blood. Every portion of an artery, by reason of the elasticity of its coats, preserves nearly a cylindrical form; and as the area of the branches is greater than that of the trunks, the blood, in proceeding from the heart to the capillaries, though passing through a series of descending cylinders, is really flowing through an enlarging space. The disposition of the veins, like that of the arteries, is arborescent, but in an inverse order; for the course of the veins is from capillary vessels to visible branches, and from visible branches to large trunks (Fig. 120, 1, 2, 3). In every part of the body where the capillary arteries termi-



Fig. 119.

View of the manner in which an artery (containing the scarlet nutritive blood) divides and sub-divides into its ultimate branches. 1, trunk of the artery; 2, large branches into which it sub-divides; 3, small branches, successively becoming smaller and smaller, until they terminate in, 4, the capillary branches.

g 3

nate the capillary veins begin, and the branches uniting to form trunks, and the small to form large trunks, and the trunks always advancing towards the heart, and always increasing in magni-

tude as they approach it, form at length the two veins which, it has been stated, return all the blood of the body to the right auricle of the heart.

The veins are very much more numerous than the arteries, for they often consist of double sets, and they are at the same time more capacious and more extensible.

Reckoning the whole of the blood at one-fifth of the weight of the body, it is estimated that, of this quantity, about one-fourth is in the arterial and the remaining three-fourths in the venous system.

The combined area of the branches of the veins is much greater than that of the two trunks in which they terminate (Fig. 120, 1, 2, 3, 4): the blood, therefore, in returning to the heart, is always flowing from a large into a smaller space.

The divisions and subdivisions of the artery freely communicate in all parts of the body by means of what are called anastomosing branches, and this communication of branch with branch and trunk with trunk is termed anastomosis. The same inter-

communication, but

with still greater freedom and frequency, takes place among the branches of the veins. In both orders of vessels the communication

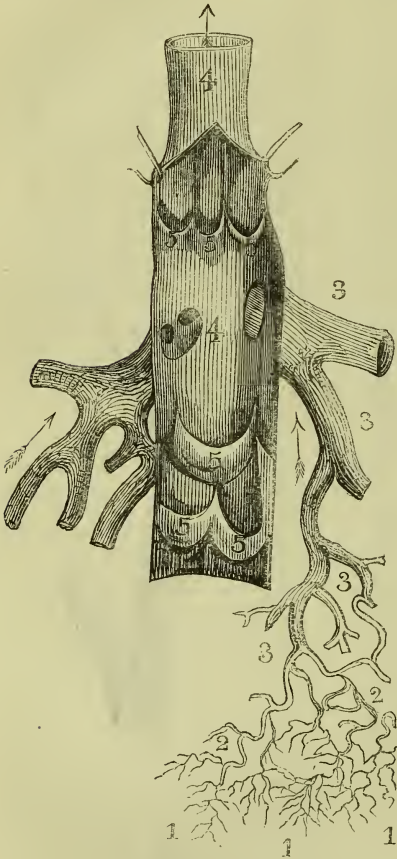
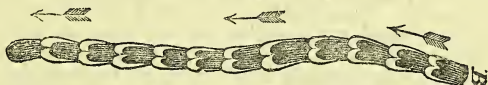


Fig. 120.

View of the manner in which the minute branches of the vein (containing the exhausted blood) unite to form the larger branches and the trunks. 1, capillary venous branches; 2, small branches formed by the union of the capillary; 3, larger branches formed by the union of the smaller, and gradually increasing in size, to form the great trunk; 4, a portion of which is laid open to show its inner surface and the arrangement of, 5, the valves formed by its inner coat.

is frequent in proportion to the minuteness of the branch and its distance from the heart. It is also more frequent in proportion as a part is exposed to pressure; hence the minute arteries and veins about a joint are distinguished for the multitude of their anastomosing branches; and above all, it is frequent in proportion to the importance of the organ; hence the most remarkable anastomosis in the body is in the brain. By this provision care is taken that no part be deprived of its supply of blood; for if one channel be blocked up, a hundred more are open to the current, and the transmission of it to any particular region or organ by two or more channels, instead of through one trunk, is a part of the same provision. Thus the fore-arm possesses four principal arteries with corresponding veins, and the brain receives its blood through four totally independent canals."

(The following engraving [B] shows the structure of the veins, with the provision to prevent the return of the blood in the same veins. It will be noticed that there is a perforation in the centre of the valve, and on the blood being forced back, it presses on the sides, and closes the centre perforation.)



"The veins and absorbents have not, like the arteries, an impelling engine, as the heart, to force forwards their contents; therefore they need and have the auxiliary means of valves. The arteries have no valves, because they receive the impulse of the heart, with which they are connected at their outset with the aorta. They have, besides, an inherent power of circulating their own contents, arterial blood, which is the oxygenised, nutritious, and scarlet-coloured vital fluid." The causes of inflammatory congestion of the brain, varicose veins, and bleeding piles, all originate in the want of power in these valves to propel the venous blood forward, or obstruction in the liver; or, when the colon is full of hard fæces, the venous blood cannot be propelled. The heart goes on propelling arterial blood through the free arteries, and the consequence is bleeding piles from rupture of these veins. Apoplexy also takes place from the same cause, or from obstructing circulation of the serous and lymphatic absorbents. Our treatment raises the nervous power of these valves, and soon stops inflammation.

The following is from Dr. Smith:—"No one is able by a voluntary effort to expel the whole contents of the lungs. Observation and experiment lead to the conclusion that the lungs, when moderately distended, contain at a medium about twelve pints of air. As one pint is inhaled at an ordinary inspiration, and somewhat less than the same volume is expelled at an ordinary expiration, there remain present in the lungs, at a minimum, eleven pints of air. There is one act of respiration to four pulsations of the heart; and, as in the ordinary state of health there are seventy-two pulsations, so there are eighteen respirations in a minute, or 25,920 in the twenty-four hours. About two ounces of blood are received by the heart at each dilatation of the auricles;

about the same quantity is expelled from it at each contraction of its ventricles; consequently, as the heart dilates and contracts seventy-two times in a minute, it sends thus often to the lungs, there to be acted upon by the air, two ounces of blood. It is estimated by Haller that 10,527 grains of blood occupy the same space as 10,000 grains of water; so that if one cubic inch of water weighs 253 grains, the same bulk of blood will weigh $266\frac{1}{3}$ grains. It is ordinarily estimated that on an average one circuit of the blood is performed in 150 seconds; but it is shown that the quantity of air always present in the lungs contains precisely a sufficient quantity of oxygen to oxygenate the blood, while flowing at the ordinary rate of seventy-two contractions of the heart per minute, for the exact space of 160 seconds. It is therefore highly probable that this interval of time, 160 seconds, is the exact period in which the blood performs one circuit, and not 150 seconds, as former observations had assigned. If this be so, then 540 circuits are performed in the twenty-four hours; that is, there are three complete circulations of the blood through the body in every eight minutes of time. But it has been shown that the weight of the blood is to that of water as 1.0527 is to unity, and that, consequently, 10,527 grains of blood are in volume the same as 10,000 grains of water. From this it results that if in the human adult two ounces of blood are propelled into the lungs at each contraction of the heart, that is, seventy-two times in a minute, there are in the whole body precisely 384 ounces, or twenty-four pounds avoirdupois, which measure 692.0657 cubic inches, or within one cubic inch of twenty imperial pints, which measure 693.1847 cubic inches. By an elaborate series of calculations from these data Mr. Finlaison has deduced the following general results:—

1. As there are four pulsations to one respiration, there are eight ounces of blood, measuring 14.418 cubic inches, presented to 10.5843 grains of air, measuring 34.24105 cubic inches.
2. The whole contents of the lungs is equal to a volume of very nearly 411 cubic inches full of air, weighing 127 grains, of which 29.18132 grains are oxygen.
3. In the space of five-sixth parts of one second of time, two ounces or 960 grains weight of blood, measuring $3\frac{3}{4}$ or 3.60451 cubic inches are presented for aëration.
4. Therefore the air contained in the lungs is 114 times the bulk of the blood presented, while the weight of the blood so presented is $7\frac{1}{2}$ times as great as the weight of the air contained.
5. In one minute of time the fresh air inspired amounts to $616\frac{1}{3}$ cubic inches, or, as nearly as may be, eighteen pints, weighing $190\frac{1}{2}$ grains.
6. In one hour the quantity inspired amounts to $1,066\frac{2}{3}$ pints, or 2 hogsheads, 20 gallons, and $10\frac{2}{3}$ pints, weighing $23\frac{3}{4}$ ounces and 31 grains.
7. In one day it amounts to 57 hogsheads, 1 gallon, and $7\frac{1}{4}$ pints, weighing 571½ ounces and 25 grains.
8. To this volume of air there are presented for aëration in one minute of time 144 ounces of blood, in volume $259\frac{1}{2}$ cubic inches, which is within 18 cubic inches of an imperial gallon.
9. In one hour 540 pounds avoirdupois, measuring $449\frac{1}{4}$ pints, or 1 hogshead and $1\frac{1}{4}$ pints.
- And, 10. In the twenty-four hours, in weight 12,960 pounds; in bulk, $10,782\frac{1}{2}$ pints—that is, 24 hogsheads and 4 gallons.
11. Thus, in round numbers, there flow to the human lungs every minute nearly 18 pints of air (besides the 12 pints constantly in the air vesicles) and nearly 8 pints of blood; but in the space of

twenty-four hours, upwards of 57 hogsheads of air and 24 hogsheads of blood."

ATTEMPTING TO GIVE SLEEP, AND RELIEVING PAIN BY OPIATES.—I have frequently observed the effects of medical practitioners combating active disease and excruciating pain by giving repeated doses of morphia, which, they are perfectly well aware, can only stupefy the nervous sensibility, but can have no possible restorative properties; nor do they expect any from their use. I have known cases kept under the influence of narcotics until death has released the patient, when, by our active foment packs 47, 64, 141, and our 168 $\frac{3}{4}$, 220, 169 $\frac{1}{4}$ compresses, &c. &c., I could have been perfectly certain of equalising the circulation of the body, and so effectually and naturally relieve the suffering organs. The medical practitioner thinks sleep must be had on any terms, therefore allays pain by stupefying the nerves of sensation; but, in doing this he sacrifices the only chance of recovery for a mere temporary alleviation. We never do this, but wait till natural sleep is obtained by our natural gentle means, and we never fail.

POSITION IN SLEEPING.—It is better to go to sleep on the right side, for then the stomach is very much in the position of a bottle turned upside down, and the contents of it are aided in passing out by gravitation. If one goes to sleep on the left side, the operation of emptying the stomach of its contents is more like drawing water from a well. After going to sleep, let the body take its own position. If you sleep on your back, especially soon after a hearty meal, the weight of the digestive organs, and that of the food resting on the great vein of the body, near the back-bone, compresses it, and arrests the flow of the blood more or less. If the arrest is partial, the sleep is disturbed, and there are unpleasant dreams. If the meal has been recent and hearty, the arrest is more decided, and the various sensations, such as falling over a precipice, or the pursuit of a wild beast, or other impending danger, and the desperate effort to get rid of it arouses us, and sends on the stagnating blood; and we wake in a fright, or trembling, or in perspiration, or feeling exhaustion, according to the degree of stagnation, and the length and strength of the efforts made to escape the danger. But when we are not able to escape the danger—when we do fall over the precipice, when the tumbling building crushes us—what then? *That is death!* That is the death of those of whom it is said, when found lifeless in the morning, that "they were as well as they ever were the day before;" and often it is added, "and ate heartier than common!" This last, as a frequent cause of death to those who have gone to bed to wake no more, we give merely as a private opinion. The possibility of its truth is enough to deter any rational man from a late and hearty meal. This we do know with certainty, that waking up in the night with painful diarrhoea, or cholera, or bilious cholic, ending in death in a very short time, is properly traceable to a late large meal. The truly wise will take the safe side. For persons to eat three times a day, it is amply sufficient to make the last meal of cold bread and butter, and a cup of some simple drink.—*Hall's Journal of Health.*

TREATMENT FOR SLEEPLESSNESS.

The patient should try each, till they find which suits best.

Use 128½, and then put on a dry crisis calico cap; lie on right side, and keep water-bag, with a little hot water, against stomach. Wear merino stockings over cotton socks, damped only on sole of sock; and have a foot-bottle at bottom of bed, but not to touch feet.

Use 12½, and then put on 215½, and have a nicely steamed hop pillow, or a little warm water put into small mackintosh water bag, and 153½ against bare feet, and sleep in 163 and 172.

Give 73, and then lay a small 220 over stomach, under 169, and give 130, and then a damp wash-leather cap on, and 195.

Give 14, and then dry woollen stockings or socks, and no bandages. If inclined to perspire, use a little vinegar in water, and sleep in 198½.

Give 92 and 132 together; then 25 over stomach and spine, and put on 186 and 166, and pin a small 220 to the top of 186, so as to lie on nape of neck.

THE LATEST DISCOVERY FOR STUPEFYING THE POOR BRAIN.

WHAT with the discoveries of terrible instruments of war, and the far more destructive inventions and discoveries of doctors for the destruction of mankind, or their imbecility and suffering, it is only a wonder mankind exists in what is called this high state of civilisation. Whenever the doctor's patient cannot get natural sleep, he administers destructive compounds to stupefy the brain, and fancies it is sleep; but that it is not so the results prove, often in the death of the patient: as in the case of the Prince Consort, and Lord Chesterfield, and possible death of the Prince of Wales and innumerable similar cases.

THE BLOOD AND THE HEART.

Dr. Rutherford, F.R.S.E., in his second lecture on the Circulatory and Nervous Systems, given on Tuesday last, resumed the consideration of the constitution of the blood. He described how the corpuscles are continually changing—the colourless becoming coloured, and the coloured passing away and being replaced by new colourless ones, formed in the adenoid tissues of the blood glands, and especially in the spleen and the lymphatic glands; and he showed by experiment that the corpuscles are heavier than the fluid of the blood, and that the coloured are heavier than the colourless corpuscles. He stated that the gases in the blood are—a very little nitrogen, oxygen (15 per cent. in arterial and 5 in venous blood), and carbonic acid (30 per cent. in arterial and 35 in venous blood); the oxygen being absorbed from the air in the lungs and thence conveyed to the tissues by the hæmatoglobin in the blood corpuscles, while the carbonic acid is carried by venous blood from the tissues to the lungs. The other constituents were then described, including albumen, fat, glycogen, and various salts. The ill effects of the loss of blood, such as extreme weakness, were ascribed to the slow formation of the coloured corpuscles and to the consequent diminished heat of the body, hence dropsy.

BRAIN FEVER.—We have had many severe cases under treatment, and have been successful with them. I can only give

some general directions in these cases, as the attack comes on from such various causes, and requires treating accordingly; but the great point in all cases of course is to lower the excitement in the brain by derivative baths, relieving the over-charged blood-vessels in the head, and the nervous excitement. In the first place, cut off the hair from the head (females may leave the long hair in front), have head bath 70 degrees, five to ten minutes, two or three times per day, and sponge the forehead while in. Mustard plaisters to the soles of the feet day and night, as long as the patient can bear them, the legs and feet wet packed (Bath list, No. 214); and when the feet are too tender, put on cotton socks wrung out of tepid water, and lamb's wool over; have hot bottle also to the feet. Mustard plaister over the right side, in the region of the liver, till red. Fomentation back and front (No. 64 on list), twenty minutes at a time. Night and day spongio spinal compress. Wet body bandage, wrung out of hot water, should be used; and if it does not keep warm, put a flannel wrapper over it, as it is of great importance to keep up a good warmth in the stomach and bowels. The arms should be bandaged with wet strips of calico, mackintosh, and flannel. Towel pack (No. 45), washing the body over with hot water and yellow soap morning and evening, and sponging over with tepid water, standing on hot pad. Diet.—Cooling drink, barley water. No flesh-meat, coffee, &c. If there is much exhaustion, a teaspoonful of brandy in sago, creed in water. Soon as the patient's appetite returns, cold mutton chopped fine, with bread-crumbs; and taking-water by sips, and as much as the patient desires. In some cases we have found the following treatment very beneficial:—221 as much as the strength of patient would allow, especially attending to “head” directions as there specified; and when not in 221, keep 220 on nape of neck and pit of stomach, and 215½, using vinegar with the water for head, and 153½ to feet. 130 should also be attended to as frequently as the case will admit it to be done. 231 Bath list very good; 115¾ especially good; 186, with damp spongio, six inches at top, 168¾, &c.

DELIRIUM TREMENS.—We have had many severe cases of this kind, and have been entirely successful in the treatment of them, and in delivering the patients from the dreadful propensity to intoxicating drinks—the cause of the malady. Mild hydropathic treatment very soon tells beneficially in such cases, and, at the same time that it soothes and quiets the fever, produces a counter-stimulus by acting on the skin, and relieving the irritated nerves, and allaying thirst. We have not had one failure.

The medical practitioners are afraid of cutting off at once the patient's supply of stimulants, but we are not so; and in every case have withdrawn all strong drink from the first, and have only administered a little spirit of ammonia in water, and nothing stronger. Dr. Gully, of Malvern, it will be seen by the extracts in this book, is of the same opinion, as to the advisability and safety of withholding all stimulants at once.

The treatment must be very mild and delicate at first, on account of the brain irritation. We confine them to bed for some days, and first in the morning give 231, and in forenoon use very gentle fomentations to the bowels 64, also lazy packs No. 50 on Bath list.

FOMENTATIONS have a very different effect on our plan from the ordinary methods of fomentations (see Bath list 64, 69, 46, 144, &c.). Our plan does not require constant renewal of the pads or flannels, and, consequently, soothes; and the effect is continuous. The ordinary way of fomenting by frequently changing the flannels causes shocks to the frame, and exposes the parts to the air while the flannels are being renewed. Our plan is so soothing that patients often go to sleep while the fomenting is going on.

“Bombay, February 4th, 1872.

“I HAVE been led to ask your advice, on the perusal of your work on Hydropathy, a subject in which I take great interest, and one I need hardly say you have handled in a remarkably lucid way in the above-mentioned work.

“I have a swelling on my right cheek, just underneath the skin, hard like a ball: some call it a TUMOUR, others a WEN. I first noticed it two years ago; it was then not larger than a pea, and originated, I believe, by my having one day squeezed the skin between my finger nails to remove a little black spot (*acuo*). It then got larger, but has kept the same size for the last eighteen months.

“The surgeons (all clever men) whom I have consulted here say it must be cut out, but I have a decided objection to being ‘hacked about,’ at least until I find that Hydropathy, assisted by Nature, will not cure; but I feel firmly convinced that they will, when properly administered. This is my reason for asking your advice, and this I shall be most grateful to receive.

“For the last week I have been using a mackintosh bandage over a small piece of flannel wrung out of tepid water, worn at nights, and during the day when possible, bathing it every day with warm water; this I shall continue for another month at least, or until I hear from you (This very good, J.S.). It gets and keeps quite hot underneath this bandage, so I hope it may do it good before long. Had I seen the treatment of swellings of this sort in your book I should not have troubled you; but on careful perusal I can see nothing regarding them. I should not care so much were the swelling anywhere else, but it is awkward being on the face. It excites intense interest amongst my friends. One day I am told confidentially that it has grown smaller; the next day that it is getting “a devil of a size,” &c. &c. In fact, were it not for these reminders, I might forget all about it.

“In conclusion, I can only regret that I never heard of your establishment before I left England (four years ago), as I am sure I should have benefited very much in every way. I have no faith either in doctors or in medicine, so I am tolerably safe, more especially as I have your work with me. I show it to everybody, and I have recommended two booksellers to get copies for the benefit of the public at large. I have made up my mind to come and see you directly I get back to England, and wish very much that it may not be long.”

ADVICE IN THE ABOVE CASE.

As numerous and in some cases dangerous results have arisen from not distinguishing between the FLESHY TUMOURS and the CYSTIS KINDS (the latter signifying a “bag of fluid matter”), one or two

remarks may be useful, put in a practical form. The above letter will show the former kind alluded to; and our simple reply is, in such cases, do nothing to the tumour itself, but raise the vitality of the general health, and that will prevent increase of the swelling. Whereas, if exciting applications of any kind are merely applied to the tumour, injury would have been caused to it, and the general health failed in consequence. But as regards those of the cystis character, Nature wants immediately assisting by poultices (see 220 Bath list), steaming (see 58), and fomenting, to bring the morbid fluid into matter, which will generally show itself by a white head, and burst; but if very painful, and the patient feverish and weak in consequence, then, when forward enough to rightly discover the position of this sack or bag of matter, a slight puncture should be made into it by a lancet; but the general way of lancing is sadly injurious to the nervous system, as it is generally done in a cruciform style, and cut so deep into the cellular tissue that nature is sadly irritated and distressed, and is often unable to repair the mischief, and in thousands of cases sloughing and cancer is the result; but in the simple way above given it does not even leave a mark. And then, after the whole of the matter is removed, a little damp wash-leather under the spongio or oil-silk will quickly heal and strengthen the part, and no more difficulty ensue.

CANCER.—I have had severe cases of cancer cured at our institution; others we have been able only to relieve and save from suffering, which we have been able to do in every case, and prolong life. (For female cases, see Mrs. Smedley's "Manual.") Cancer is commonly brought on first by congestion of the glands, then the use of caustic. Caustic destroys the organic nerves, the electricity in which nerves gives power to every part of the body to draw nutriment from the arterial blood. Blood goes to the part, but for want of the electric power cannot give nourishment to the part, hence sloughing; then caustic is applied to destroy the dead tissue, but ineffectually, for the sloughing extends and deepens, and cancer is established of a terribly painful kind, destroying the poor sufferer by a slow and painful death. My wife has saved many females from this terrible fate, both from external and internal affections. A gentleman came to me some years since with a cancer under the jaw. The cause was a simple cold, causing a glandular swelling, which would have been cured in a few days by hot fomentation, a poultice, and damp spongio to the part, throat pack 79, to overcome the congestion, but instead of bringing heat to overcome the congestion, iodine and blisters were applied. This stopping nature's action, the part gathered; then, as is the invariable practice, a deep incision was made, destroying the gland; supuration went on, morbid tissue was formed, then the orthodox practice of caustic was applied until a deep hole was made and the sloughing extended from five to six inches and down to the collar-bone, exuding most offensive dark pus. In this wretched, hopeless state he came to me, and by our steaming the part, fomentation, linseed and bread poultices, our stomach and liver packs, our body bandages 168 $\frac{3}{4}$, 174, 169 $\frac{1}{4}$, our 51—59, 69, 141, to get up his health and make good blood, he became perfectly sound. When the swelling had come to a white head, had the surgeon merely punctured the skin, without going deeper, to let out the matter,

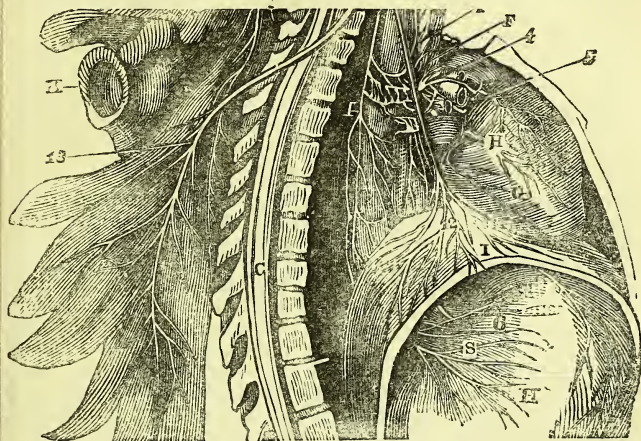
the head erect. He came to me in a most pitiable state, his head resting on his shoulder, and every motion agonising. Bad as he was, I could assure him of restoration; and by our comforting means to the part, fomentations, 220, spongio, our 79, and stimulating his digestive organs with our stomach and liver packs, and the skin with 59, 13, 10, abstinence from all stimulants and medicine, we got him quite well, and restored to the enjoyment of life. His son was cured of a tumour in his side at the same time, which would have destroyed him. I had a similar case to the father's. Patient's head on his shoulders seven years; worn to a skeleton. Got quite well.

Case No. 5.—Age thirty-five; for several years liver affection, then of the right lung, and general wasting. He gave up business, came to my establishment, and is progressing well, and gaining weight, under the following treatment, varied according to symptoms:—First morning, 71 and 8, feet on hot pad covered with blankets while having 71; second morning, 71 and 12; third, same; first forenoon, 70, 71, 107; second, 45, 71; third, 49, 71, 107; afternoon, 156, 181, 168, 207, 168 $\frac{1}{2}$, 174, 178, 186.

HEART DISEASE.

JUST as the false system of treating inflammation by lowering treatment, and just as the false practice of purging the bowels and kidneys because they are in too weak a state to act naturally, so poor humanity is destroyed, right and left, with far more certain effect than the new needle-gun; for whereas the needle-gun and rifled cannon are only now and then brought into killing use, the destructive purgatives, blisters, setons, leeches, lancet, lotions, scarifying, drugs of a thousand kinds and of the most powerfully poisonous nature produced by Mother Earth, are being administered day and night, the year round, to all ages and conditions, without any truce to the poor frame. Men of the most active and acute minds, as well as the weak and nervous, male and female, send for a doctor, and unhesitatingly swallow prussic acid, podopyllum, arsenic, calomel, strychnine, &c. They allow the doctor to draw blood away when nature is obliged to substitute water to keep the veins full, or the heart would not act. They allow incisions into tumours and boils, or medicine given to suppress boils, which tumours and boils are only efforts of nature to expel morbid matter, which we see, if left to the simple poulticing, steaming, &c., cures, but when cut, results often in death, or establishing a cause of death. They allow, in short, such a variety of tortures and outrages against God's structure, the human frame, that it is impossible to enumerate; and besides, new modes of torturing the body are being constantly invented; yet mankind in general, and many even of the reflecting class, will not give the subject serious attention, and judge for themselves, and they suffer the consequences accordingly. An eminent manufacturer, aged about fifty-eight, who has made an immense fortune, has a world-wide fame for talent, and has lately built a house, at a cost of above £100,000, is now in failing health; he has lost all power of enjoyment, and every day his remaining strength is being undermined, and his life made miserable, by first one and then another

random administration of drugs or diet. The practice will kill him, with as much certainty as such treatment destroys vermin, for which purpose many of the very same prescriptions are used. The following cut is from Sir Charles Bell's great work, and shows



the near proximity of the stomach to the heart. The cut shows the dividing membrane, the diaphragm (I), which separates the contents of the chest from those of the abdomen; it shows the comparative size of the stomach (H), when ordinarily filled with food, and just above the heart is shown (G). Now when the stomach is filled with food, and, from weakness of the vitality in the solar plexus of nerves at the pit and embracing the stomach, the contents become acid, fermentation takes place, and wind is generated. This, of course, distends the stomach, and interferes with the vibratory action of the heart, causing palpitation, intermittent pulse, pain, and faintness; this is treated by the doctor as disease of the heart, when in fact there is not the least disease or derangement of the organ. Opiates, digitalis, and blisters are applied: the opiates further weaken the stomach, and aggravate the primary cause of the uneasiness, and so the doctors go on until real organic disease is produced. Overloading the stomach has the same effect in causing palpitation and pain, and in both instances the remedy is obvious—care in diet, and getting up more natural vitality of the stomach by natural means, and not by the means of stimulants and physic.

SPRAIN OF WRIST.—Scarcely a day passes but we have cases of the terrible effects of the destructive allopathic treatment. A workman came to me this morning from Sheffield. He had sprained his wrist at his work. The usual murderous applications were applied—blisters and tight bandage—till the joint is very near fast, and in another week or two the man would be a cripple for life, and without the use of his right hand. I have sent him to our hospital to have his hand, wrist, and arm steamed, and then poulticed, and afterwards damp sponges put on. When the poultice

has been on a few days, the man's hand will be saved, but it will take many weeks' steaming, and fomenting, and immersing in warm meal and water to cure.

CONSUMPTIVE CASE.—An acquaintance of my wife brought her niece this week in an advanced state of disease of the lungs. She was well aware of my wife's treatment, but preferred putting her niece under the M.D.'s hands, who, as usual, blistered over the region of the left lung, which was diseased; used iodine, belladonna, and gave medicine to the certain destruction of this young woman, and the doctor knew perfectly well what the consequence would be from his many years of experience of such cases. I knew perfectly well a diseased lung was never cured by such practice, but the end of life accelerated.

“DEAR SIR,—It is with feelings of the greatest pleasure and gratitude that I write to you partly to say how much better I have been since my short sojourn of three weeks at your Establishment, and partly to ask further advice. You may have forgotten my case amongst the vast number that are constantly coming and going, but I believe I shall find your words true: that I shall consider it the most important journey I ever made in my life, having gradually improved ever since I came home. Of course I follow the treatment and diet as near as I can as when with you. I wish now to ask your advice about my little girl, aged twelve years; who has twice suffered from SWELLINGS IN THE NECK, once when five years old, and again at the age of nine; each time our doctor poulticed them until they broke. I am now fearful of another, having perceived the first signs of swelling about fourteen days ago. Though not very large now, so that anybody strange to the girl might not perceive it, yet I can see it getting larger, and on the touch you may perceive two small hard knots or lumps, about the size of an almond, slightly under the jaw-bone.” Treatment, letter C (p. 354), unless painful, only *damp* spongio piline over the lump, silk kerchief round the throat—wear 163 or 168 $\frac{3}{4}$; but if painful, 220 under 163. The object to be aimed at is to get more power in the digestive organs. No stimulants or medicine of any kind; simple diet.

TYPHUS FEVER CASE.—A gentleman about sixty-five years of age, in fair health, went to the May meetings in London, got cold returning home to this locality. He had formerly had his life saved at our Institution from a severe attack of bronchitis and congestion of the liver, and wished for our help again; but, as is often the case, relatives ignored our former successful treatment, and sent for a doctor, who had no means whatever to restore circulation and the congestion of the liver but by drugs given internally, which, it must be obvious to any not in the medical profession, could only do mischief. After a fortnight, when his case was evidently becoming desperate, they sent for my head bath-man, who at once administered our treatment, and gave immediate relief; but the want of our active external warm application at first was fatal to the case. Still, it is marvellous how we have snatched patients from the very jaws of death; and he may recover. Every application so far has given him comfort. One application of our 47 Bath list at first would have saved him from the fever. The youth and strength of the Prince of Wales carried him

through the drug ordeal; but the Prince Consort sank under the utterly illogical internal treatment, and so did Lord Chesterfield, and numbers more. Yet the doctors to the Prince were knighted for curing him of typhoid fever. Why did they fail in so many others of the aristocracy since dead of the same disease? It is a fact, as the *Lancet* says, and as the *Times* says, the medical profession have no specific for the cure of any disease, and hence the total disagreement of doctors as to the treatment of any one form of disease. The medical organ suggests that several thousand pounds should be expended in ascertaining the specific effect of all kinds of drugs. A nice proposal for poor deluded humanity to have such a magazine of poisons tried upon them.

BLEEDING FOR INFLAMMATION is diametrically opposed to the recovery or restoration of nervous vitality, and nothing but the restoration of this vis vitæ, or power of life, can get over inflammatory action; yet the plan of further reducing that power, by prostrating the system, is now in full practice: the quantity of blood in the body may be reduced for a few hours, or a day or two, but nature soon fills the vacuum, but not with such good blood as before; she has been weakened, and the power to make it is reduced. Bleeding always lays the foundation of weakened vascular action, and of disease to be developed on the first trial of the constitution; the blood loses its red corpuscles, which reduces the nervous power of the brain and the whole frame, and commonly ends in dropsy of the chest, heart, or bowels.

(Accident to leg, and allopathic ruin of it. If fomentation and poultice had been used at first, instead of the grossly anti-vital treatment, the boy would soon have been well.)

“Kyneton, Victoria, Australia, March, 1872.

“For the past seven years I have not administered any drug or other medicine to my family, or taken any myself. Before that time I was constantly taking some “simple,” as the doctor said—such as magnesia—being not strong at that time, and never robust.

“I have a special object in view in writing to you at this present time, being a desire to obtain from you, of your kindness, some plain directions how to treat my son’s leg in order to obviate an inevitable stiff knee.

“Exactly twelve months since, my son Robert (eleven years of age) suffered from a swelled thigh near the knee on the left leg. The pain he endured was excessive. I called in the best surgeon I could find, and he said that it was hip-disease, arising from a scrofulous habit. He put the leg in a large splint, and tightly bandaged the foot, leg, thigh, and waist. As the swelling rapidly increased he applied leeches, then blistered the affected part, and subsequently he ordered it to be painted with iodine. This was done without any apparent reduction of the size of the swelling, and the knee-joint began to be incorporated in the affected part. After some weeks I had to request the surgeon not to repeat his visits, as the sight of him so affected my poor sensitive boy that he almost became hysterical. This was observed by the gentleman himself, and being a kind-hearted man, it gave him pain. My

wife and I then treated the leg in our own way, and by the general directions contained in your book, but found no special case to guide us. We used comforting poultices and half-packs to the other (good) leg and lower part of the body, and eventually to the upper part, with very great care as to diet; and upon the 24th May an opening broke out naturally, and discharged several pints of matter. This discharge has continued to this present date, but the amount of matter is not very great, and is daily lessening.

"About the 27th of December, I conveyed my son (who was only at that time found to be capable of the effort) to Melbourne, and consulted an eminent surgeon. His opinion was that the child had not a scrofulous taint; and that he had not suffered from hip-disease, but from a splinter being knocked off the 'femur' near the knee. This was the cause of the swelling and pain. He also said that the injured bone would come away by simply treating with damp compresses well guarded against cold, and lime-water taken occasionally.

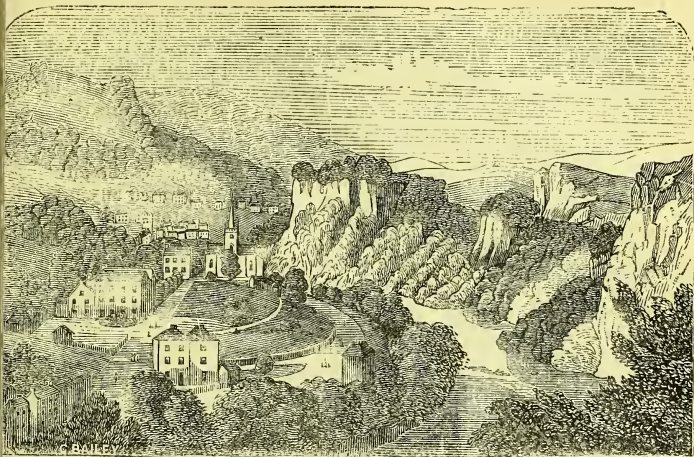
"Under this treatment a goodly number of pieces of bone have come away, but the swelling of the knee-joint has not sensibly subsided, and the joint is in consequence stiff; and we fear it may be permanently stiffened. To gain your kind advice how to treat the knee is my present object. You will greatly oblige by writing, or causing a letter to be written, *without delay*, giving directions how we shall treat it. I *know* that the synovial oil, or part of it, has left the joint, as it came away about four months ago in the ordinary discharge, though none has been seen to come away since then."

ADVICE GIVEN.

Wear on "wound" either damp washleather or soft linen, with oil-silk cover, whichever suits it best, and wear a "case" for whole leg and hip, made to *fit*, of flannel and thin mackintosh, over the above. On rising, place a thick fomenting flannel pad, either nicely steamed or squeezed out of hot water, on the wound, and well rub the whole hip and leg with neat's-foot oil and hand, but not to *pain*, and using hot soap-suds to whole limb occasionally, forenoon and afternoon.

Well "steam" the affected part, and renew the dressing. Bed-time repeat the rising treatment. When the limb becomes free from all *pain*, then hot and tepid spouting will be found very strengthening, and rub in either dry mustard bran or chillie paste afterwards.

Spinal rubbing and sponging will also be found very advantageous.



MATLOCK BATH, FROM THE WILD CAT TOR.

ALMOST EVERY DAY we hear of persons advancing in life, and with the wear and tear of the present exciting routine of business or social life, become a little poorly; the doctor is sent for to remedy Nature's failing powers, and the unnatural drugs, stimulants, sub-injection of morphia, iodine, bromide of potassium, as surely close life in suffering and sorrow far before the natural lease God had appointed.

STOMACH COMPLAINTS AND CONSTIPATION of the bowels are the principal plagues of human life, and the ordinary means used as remedies are unfortunately diametrically opposed to Nature's healthy operations (see page 72), as indeed all internal remedies must necessarily be so. Having been ill, and hopeless of restoration by the ordinary medical practice, I was led to try the cold water cure, and although it laid the foundation of my restoration to health after many months' suffering, I saw in a good deal of the treatment means were used without reason and opposed to the natural restoration of the low state I was brought to. I recovered my health in two years, the latter part of the time by adopting my own views, and without the least idea what it would lead to I opened a Free Hospital for our workpeople, where to this time upwards of five thousand have been restored to health, or saved suffering amputations and most of the great train of diseases poor humanity is subject to, and not only this, but taught how to live in comfort, and meet casualties with easy natural treatment. My family motto is "TRUTH IS GREAT, AND WILL PREVAIL," and so we found it to be the case with this entirely new method of treatment; until now, after twenty-one years' practice at Lea Mills and Matlock Bank, failing health compels us to resign our charge to a physician who has practised our system, and with the complete organization we have established, we believe will go on improv-

ing the modes of cure, having the advantage of a regular surgeon's and M.D.'s education. The work was in a manner forced on my wife and myself, without the least idea it would grow to its present extent. Above twenty-five thousand male and female patients have been received at the Matlock Bank Institution and Lea Mills, besides the many thousands treated at smaller establishments set up by our former bath attendants at Matlock Bank and other parts of the kingdom. It is not the cold water cure, nor hot water cure, nor Turkish bath cure, nor the mercurial bath cure, nor any of the single nostrums propounded. We have never used any medicine of any kind: no leeches, lotions, blisters, setons, nor any of the terrible array of the doctor's shop. Stimulants and tobacco are strictly prohibited. All our appliances are external; no plunge baths, no cold baths, except for persons in good health. It will be seen by the Bath list (page 346), the novelty and peculiarity of our system, which has been such a great success, are local applications, without immersing the whole body in water, or in many cases not requiring even envelopes of the whole frame, and the appliances are such that can be mostly and easily applied at home.

SUBCUTANEOUS INJECTION OF MORPHIA (see page 174).—Since admitting the poor man I name, paralysed in his legs, and ruined for life by the vaunted discovery of this certain ruinous practice, I have had several letters from sufferers, mostly persons advancing in age, who, from want of vitality, or from exposure, or luxurious living, have not had a proper supply of serum in the covering of the muscles, bones and nerves (*for all are encased in sheaths, which in health are kept lubricated by serum, taken, of course, from the blood*), have, when suffering, sent for the doctor, and, as usual, surrendering their reason and common sense to his prescription, never inquiring about the nature of the stuff he was going to use, or the philosophy of its bringing healthy action, and have allowed him to commence a destructive practice, not easily left off, and causing always eventually frightful effects—delirium, stupor, and never any permanent benefit. Talk of science! Why, what can be farther from it than to deaden an already deadened part? I know now of several friends in a pitiable state; they will never get better or ever be free from pain longer than the momentary action of the drug. Thus it is when the poor human frame begins to get weak; the doctor comes in and finishes the career in pain and misery. A fortnight since a friend of mine, apparently hale and hearty for his age, sixty-four, forgot his age, exposed himself to cold, brought on INFLAMMATION OF LUNGS. Two doctors attended him, the newspaper says, "*assiduously*," with their leeches, blisters, &c. &c., and in a few days his earthly career was closed. The same with Professor Maurice, who died in an exactly similar manner. Our treatment for inflammation would to the greatest certainty have saved them both. And my father, too, who rose on Monday morning, February 5, 1840, a sound, healthy man, stood in a draught, which brought on BRONCHITIS, and in a month he died with much suffering. Such cases at such an age, as well as liver and other diseases, are killed with certainty by the legal barbarous practice. I have just received a letter from a patient who came formerly with JAUNDICE, almost black with it, and I thought too far gone, as his doctors declared, to get over

it; but our outward appeals to nature brought him round to a sound man seven years ago, and, by the knowledge he got at our Institution, he now states how he has saved his mother's life twice from inflammation of the lungs, at the age of seventy-four, by the application of our treatment.

It is painful to me to think how my only brother, at the age of twenty-one, was destroyed by barbarous and utterly unreasonable, unscientific treatment. He was a remarkably healthy young man, rather liable to CONSTIPATION OF THE BOWELS—for which, of course, the usual aperients were given by a doctor of high repute. This plan weakened the action of the bowels until congestion of the brain came on and killed him in a fortnight, destroying my only companion and helper in the business, cutting off all our plans of partnership, and prostrating my father and mother's spirits for life. It would have been a very easy matter, with our outward treatment, to have saved him and kept him well yet now forty-five years ago; victims are still sinking under the fire of these terrible engines of destruction, directed by the first medical men of the day, as well as by all the faculty, high and low. This day's paper (May 4, 1872) records the death of Mr. Robert Gladstone, from HEART DISEASE, suddenly, and states he had for some time been liable to the attacks. The death also of Inspector Baker, the Queen's special attendant at Windsor Castle, is recorded in the same paper from the same cause. Now, I have had extensive experience in such cases, and have the gratifying recollection of delivering more than I can call to mind from such a fate. Six months ago I called to see an old valued friend of mine I had known well forty years. I had not seen him for ten years. I was shocked with his changed appearance. He had such an herculean frame, yet compact, and could stand any amount of work, that I could not at first imagine what could have brought his vigorous countenance and erect frame down to the apparent wreck I saw, as he was only about sixty years of age; but when he told me he was taking medicine for heart disease, by the directions of two eminent London M.D.s, who also allowed him a little whisky and port wine, the mystery was solved at once. I brought him with me, stopped the "scientific" remedies, or rather poisons, and all stimulants—these or tobacco must be totally abandoned—and in two or three weeks he forgot all about dying of heart disease. Such a rescue would have been the case with certainty with Mr. R. Gladstone and Inspector Baker; but when, from age or hard work, or rheumatic fever, the heart's action is feeble, or irritable, or intermittent, and the fine compounds (digitalis, &c. &c.) are administered to "quiet" the heart and lower its power, no wonder it stops. Our outward applications (see "Heart Disease," page 159F) have prolonged life in more cases than I can record, and made life comfortable to a good old age. Woe be to the hard-working commercial or professional man who gets into the doctors' hands for heart disease. Of course many die of weakness or a worn-out heart; it is the main-spring of life, and with hard wear and age will get weaker, and give up the struggle in time; but this is not disease, and if persons who are sometimes uncomfortable with HEART IRRITATION would adopt our simple external remedies, directions for diet, and absence from all stimulants, they would at any rate die a natural death. What a comfort

to know one's state. If I had not I should have been killed many years ago, pulled down with typhus fever—brain congested, heart irritable—before I knew anything of our methods of cure. A London M.D. proposed to put a seton in top of my spine and give me a course of medicine—mercury, of course—but somehow I could not fancy that mode of curing. I did not know why, but I could see no good reason for it; so I escaped. This was twenty-one years ago, and since that we have been instrumental in saving many thousands of our fellow-creatures from a painful death. With our incessant work so many years, and confinement all winter and summer days, with patients, and free hospitals, and Mill morning to night, no holiday for years together, and never a Sabbath free, my wife and myself are of course worn, and may die of heart disease or used-up nervous power—and indeed we should have done so years ago if we had not known how to treat ourselves. Now our work is done at this Institution, except any help Dr. Hunter wants, and we hope to get some time for rest and reflection before our course is ended. That our labours will shorten our lives is certain, as there is only a certain amount of wear in the frame; and if an engine is made to go double time it cannot wear so long as by ordinary use. Still, it is a pleasant thought to reflect that we have been successful in our work; and it is, we think, better to die a few years earlier than live a life mere encumberers of the ground.

J. SMEDLEY.

I have just heard of a terrible case of suffering from subcutaneous injection of morphia, which is killing the subject of it inevitably. A lady, the wife of a rich retired man of business, had tic' in the side of her face and jaw. The usual allopathic remedies were used, and only aggravated the disease, and so what the doctor found himself helpless to cure, as in all other cases of the kind, he resorted to stifling sensation by this subcutaneous injection of morphia. The dose has to be constantly increased, and the lady has nothing before her but a painful death. The morphia presently will pervade the whole frame, and will bring on lethargy and death. Yet the husband of this lady came to me for an injury to his knee and leg, in agonising pain, and which, he said, the doctors could not allay a moment, and he felt he must sink under the suffering. We gave him ease the first night he came in, and got him perfectly well; yet such is the infatuation of people for doctors that he allowed his wife—or perhaps it is her rule—to go to a painful death with her eyes open.

IODINE.—This terribly destructive drug is to be dreaded. We have in thousands of cases seen its destructive effects, and in many cases it has caused irreparable mischief. A patient now in my Hospital has lost the use of one leg by having it painted with iodine for nine months in one of the first hospitals in London. He is only thirty-three years of age, married, and with a young family, but now incapacitated for life from earning a living. The drug has got into the whole of his system. Another case with a bad ankle had an injury to it thirty years ago, has lately had an accident and broken one of the small bones, now a crisis has come out, and we can detect the green slimy matter, showing the iodine has been there even since the first accident. A lady came under my wife for sickness after every meal. My wife brought out a crisis down

the spine, which exuded most offensive green slimy matter, which we well knew was iodine; but immediately the crisis appeared the sickness stopped, and she left the Establishment perfectly well. We could give thousands of instances of poisoning the body with iodine. It never can give vitality, but the contrary; and yet it is a favourite prescription with all the faculty. We have known a great number made lame for life with iodine.

COMPRESSED AIR BATH.—We have had cases come to us after having been subjected to this unnatural process, too far injured in lungs, chest, and brain to recover; and many years since we made up our minds to refuse any cases which had used this process. It is like many of the vaunted nostrums of the faculty, totally opposed to natural action and common sense, and, like opiates or tonics, may give a little temporary relief; but even to attempt that there is danger to life in trying it. The after effects cannot but be injurious. People have only to think what must be the effect of a person being put into a chamber with the air compressed to such an extravagant degree as to distend the air-vessels of the lungs. All unnatural treatment is an outrage on nature, and cannot be done with impunity. A young gentleman, with tendency to pulmonary consumption, came to our Institution after having had a course of the air bath at a celebrated place. I did not like his symptoms. There was something unusual to me in his appearance and state, and our usual mild treatment had not the usual beneficial effect. He stayed a fortnight, when I discovered he had been subject to this forcing process, and I advised him to go south. I saw the foundation of tuberculous disease was laid, and of which he died. Another lady, with bronchitis and asthma, had been subjected to the same violent unnatural process at the same celebrated place. She succumbed under the effects. As to the effects in pressure on the brain, it is calculated, and no doubt does do permanent injury. How is it possible any good can come of such an outrage on Nature's laws? It can neither give nutrition nor increased vitality. Our extraordinary success, without any medical education, has been always keeping in view the delicate structure of the human frame, and when it is deranged or diseased, to use no methods but what will comfort and gradually raise Nature's powers in a natural way.

(Bronchitis in Baby.)

"Perhaps you will be kind enough to favour me with a little instruction as to how to proceed, and what remedy to adopt, with respect to a little child (girl) about eleven months old. Ever since its birth it has been very much affected in its breathing, along with a very sharp hacking cough, the symptoms being much worse when the east wind prevails. It seems to be bronchitis in its worst form. Sometimes it is also very sickly, often for days together."

[Treatment as page 40, regularly using 68 and 23 instead of 137 occasionally; and meal must be used instead of mustard, and only a little sprinkling of mustard with meal.]

(Inflammation of Lungs Cured.)

"Glad to see your letter in the *Guardian*. You will re-

member some four years ago my mother (72 years of age) was attacked with inflammation of the lungs. I was sent for, and found two medical men in attendance. I sent them away, not liking their advice to blister, &c. By keeping her continually in hot foment pack, 64, 141, and following the general treatment, we cured her. Aged 76, some months ago she had another similar attack. I was away at the time; and the disease had got well ahead. I at once followed the old practice—kept her continually, day and night, in hot pads renewed every hour. The doctors said this would kill her; so I dismissed them, and called in a very sensible man, Dr. —, who approved of the treatment I was adopting. The case was complicated; my mother only having one lung, which was inflamed; the other lung being diseased, of old standing. There was typhoid fever as well, and the case a very bad one. We cured her in a week.”

(*Tobacco Case.*)

“Your kind letter of the 24th inst. I duly received. Many, many thanks for your kind present of the volume. I received it on Thursday (noon post); left it on our dining-room table. The same evening I had an engagement at a church service; when I returned, I found my elder brother engaged in smashing pipes and burning tobacco, and making resolutions for future self-government, in a most excited state. I said, ‘What is up?’ He replied, ‘I have been reading this book,’ holding the volume you sent me aloft in his hand, and ejaculating, ‘If I live, I will see the author.’ I name this, my dear sir, as an instance of ‘truth prevailing.’ I should be glad to have your ‘photo,’ but the poem ‘Spinning’ is sufficient. The image of your own self is so beautifully represented in it, that I can now patiently wait your convenience in sending a photo on paper. Truly, you must be photographed on the hearts of thousands. I pray God that the ‘thread of your web’ may not be cut for many a long year to come. Adieu, and God bless you.—Yours very respectfully,
“J. H.”

(*Our treatment was well known to the following Case, yet they would trust to the doctor's murderous practice, till neither our treatment nor any other could save the woman's life.*)

“DEAR SIR,—I write you now respecting the wife of —. She is forty years of age, has been confined to bed for nine weeks, and suffers from pain in the hip joint, which also extends to her legs generally, and her medical advisers express their belief that an abscess is forming. She has been blistered and rubbed, and taken a great quantity of medicine, but no improvement is manifested, and she is really in a most exhausted condition at present. Pills are now being taken by her, probably to induce sleep. Her husband is very wishful to try your treatment, and I shall be glad if you will telegraph me to-morrow whether a nurse could come over here from your establishment, and take charge of her case.”

(Testimonial was given to Mrs. Smedley, with the following inscription, from a merchant in the City. The best medical men had been engaged in the case.)

“PRESENTED to MRS. SMEDLEY, by Mr. and Mrs. S—, to mark their sense of the kindness and ability with which she rescued their daughter Maggy from an illness from which medical men gave no hope of recovery.”

(From an old esteemed Friend.)

“We are much grieved to hear that MRS. SMEDLEY has been so ill, and that you have in consequence had to leave home. I had heard that she had been at Llandudno, but not that you had gone to St. Leonards. I do hope we shall soon learn that she is better, and well enough to return home again, if such is your intention should it please God soon to restore her health. However, I cannot but feel that now you have both come to a critical period of your lives, and that a very important change in its tenor has arrived. I mean in the break which, by the providence of God, has been made in your active career. Rest is clearly needful for you both from past incessant toil; and wherever you are a path of usefulness will doubtless be opened for you, although of a different kind. I am glad of the change which seems to have been brought about, as far as you are individually concerned, and hope you will follow in contentment the guidance of an invisible Hand. Matlock Bank, which is the child of your own conception, I have always thought would depend very much under God for its success to your personal supervision, and the assiduous co-operation of Mrs. Smedley, who, I have no doubt, is failing now from the effects of long mental and bodily strain there. What a wonderful and eventful career yours has been! No one could have forecast it forty years ago, and the impression you have been permitted to make upon your age, and amidst many difficulties and some opposition, will remain when you are gone to rest. I see another Hydropathic Establishment springing up, so that the system has taken root, and will continue to spread and prevail. You have most certainly succeeded in convincing the most prejudiced and sceptical that there is much philosophy and harmony with Nature in the sanitary method peculiar to your system of treatment, and therefore your motto, “Truth is great and will prevail,” is verified. Experience cannot be gainsayed. “Whereas I was blind, I now see,” is a statement that admits of no doubt or cavil. It is wonderful how hard it has been in all ages to overcome prejudice, habit, and professional bias.”

“MY DEAR MR. SMEDLEY,—I was gratified, though pained, to hear that you have come south—glad that you have escaped from the constant pre-occupation which must have been slavery, however disguised, concealed rather by the consciousness of a beneficence which falls to the lot of very few with means, and not many of those without; and very much regretting the cause in the illness of Mrs. Smedley. I hope your great work will be perpetuated for the benefit of mankind, as it has been so many years.”



MANKIND'S TEMPLE OF WOE; PHYSIC, BLISTERS, SETONS, AND THE THOUSANDS OF INVENTIONS FOR UNNATURAL TREATMENT OF THE WONDERFUL STRUCTURE OF THE HUMAN FRAME.

By way of apology for the barbarous practice of the present medical profession, the public are constantly told that M.D.'s and surgeons of the present time give very little medicine, seldom bleed or use leeches, nor practise the ancient barbers' practice, for which King Henry VIII. gave a charter; but that the charter and the barbers', or rather barbarous, practice is still in full use, with a thousand more terrible additions, we have only to look into the current medical literature of the present day to discover. "The following array of *remedies*," or rather destructions, is copied from this week's *British Medical Journal*, May 25, 1872. If such an array of pretended curative agents, which it is impossible can restore Nature's failing powers, or do anything but mischief, will not satisfy the greatest credulous lovers of nostrums, they must be very difficult to please, for every diabolical agency for the destruction of the wonderfully delicate structure of the human body appears to have been studied. The array is frightful to read, and to think of being applied to a weakened frame, ending, as the conclusion states, in tapping and death. We have had scores of these cases, which by our comforting natural treatment have been restored to health; others these diabolical batteries of destruction had made more impression upon than we could remedy, and they have returned home to be tapped and die. We cured a London M.D., given up by himself and his brother medical adviser; and in the case of a wine merchant of London, with dropsy of the bowels, a frightful case from doctors' "*remedies*," he got quite well with us, and both these cases are now in sound health. From five to seven years since they were with us, but no medicine or leeches were used whatever; and as to homœopathic practice in such cases, it is equally absurd to think their globules, their pilules, can give life and circulation, neither do they do so. For an exposition of homœopathic practice people should read Sir James Simpson's "*Homœopathy, its Tenets and Tendencies*" (Simpkin and Co.,

London). Extract in allusion to my foregoing remarks from the *British Medical Journal*, May 25, 1872:—

"*Treatment.*—The rules for the treatment of dropsy are based upon a knowledge of its pathology. The chief objects to be aimed at may be grouped under the following heads:—

"1. Remove when possible the cause of the dropsy. When dropsy depends upon weakness of the propelling power of the heart, or upon irregularity of its action, these conditions are often remedied by a combination of digitalis and iron, and the dropsy disappears. When it is due to congestion of the liver, or to acute nephritis, the removal of these morbid states will suffice to remove the dropsy. Unfortunately, the cause of the dropsy is in many instances irremovable; we cannot cure valvular disease of the heart, cirrhosis of the liver, or fatty degeneration of the kidneys. Even then, however, the resulting dropsy in many instances admits of removal.

"2. Reduce venous repletion. The most direct and certain way of unburdening the loaded veins is blood-letting; but although this is the immediate effect of blood-letting, it is, in most cases of dropsy, contra-indicated, because it tends to weaken the heart and to attenuate the blood, and so favours the transudation of serum outwards through the walls of the vessels wherever the venous current is retarded. Still, in certain cases of cardiac dropsy, where the quantity of blood appears far greater than the heart can pump through its cavities, a moderate blood-letting often does great good, and materially facilitates the action of other remedies. In cases also of portal obstruction, the application of a few leeches round the anus I have often found to be of signal service: diuretics and purgatives, which before had no effect upon the dropsy, now begin to act. The venous repletion resulting from partial obstruction can also be kept down by purgatives, and especially by those purgatives which increase watery exhalations from the bowels, such as elaterium, jalap, and the sulphates of magnesia and soda. It is in this way that the mineral waters of Carlsbad, Marienbad, Friederichshall, Pullna, Harrogate, and Cheltenham, are so efficacious in cases of portal obstruction. Free diaphoresis and diuresis will also assist in reducing venous repletion; and, in extreme cases of cardiac dropsy, the restriction of the amount of liquid which the patient swallows may contribute to the attainment of the same object.

"3. Promote elimination of water through the natural channels of the skin, the kidneys, and the bowels, by means of diaphoretics, diuretics, and purgatives. When elimination by any of these channels is checked, you must endeavour to restore it, while, at the same time, you excite compensatory exhalations in other directions. You will sometimes hear it stated that diuretics, diaphoretics, and purgatives have no effect upon dropsies. This is one of the many instances of modern scepticism in the treatment of disease, which, in my opinion, are opposed alike to past observation and present experience. It is very true that you will meet with many cases where these remedies entirely fail; but it is equally true that you will often succeed in removing large dropsical accumulations by their use.

"*a. Diaphoretics.*—The diaphoretic remedies chiefly resorted to in dropsies are the liquor ammoniæ acetatis, antimony, Dover's powder, the warm bath, and the hot-air bath. Diaphoretics are of most use in renal dropsies, and especially in those which are acute and accompanied by fever. In cardiac dropsies they are less useful; and in portal dropsy they do no good.

"*b. Diuretics.*—The principal diuretic remedies are the bi-tartrate, acetate, and nitrate of potash, digitalis, squill, spirit of nitrous ether, scoparium, juniper, copaiba, turpentine, cantharides, and gin. Diuretics are chiefly useful in cardiac and renal dropsies; they have no effect upon portal dropsy. Many instances have come under my notice of

extreme cardiac dropsy, where a combination of digitalis, squill, and blue pill (one grain of each in pill three times a day), has at once excited a profuse diuresis, followed by a complete and permanent disappearance of the dropsy. Digitalis is a remedy of extraordinary efficacy in many cases of cardiac dropsy, and particularly in cases where the heart's action is irregular, or where it is strong in proportion to the radial pulse. The best form of administering it is a freshly prepared infusion. Scoparium is another useful diuretic in dropsies. It acts most certainly when given in the form of an infusion prepared from freshly-gathered "tops;" hence it sometimes succeeds in the hands of the "herbalist," while it fails in those of the regular practitioner. There is a prejudice with many against the use of diuretics in renal dropsy, which I believe to be unfounded. Forty years ago, Bright and Christison recommended a combination of bi-tartrate of potash and digitalis in this form of dropsy; and my experience coincides with that of Dr. Gairdner, of Glasgow, to the effect that certain diuretics may not only be given with safety in renal dropsy, but that they are, on the whole, more efficacious in this than in any other form of dropsy. When purgatives and diaphoretics fail in renal dropsy, diuretics ought always to be tried; and the best for the purpose are the salts of potash, digitalis, and scoparium. It is a fact worth remembering, that digitalis will sometimes act upon the kidneys when applied to the skin, after both it and other diuretics have failed when given by the mouth. This observation was first made by Sir Robert Christison, and I have repeatedly had occasion to verify it. This mode of employing digitalis is particularly useful when medicines are rejected from irritability of the stomach; and on several occasions I have known it restore the flow of urine after suppression had set in. Half an ounce of digitalis is to be infused for an hour in a pint of boiling water, and flannel saturated with the infusion is to be wrapped round the abdomen, and covered with oiled silk. Minute, but frequent, doses of turpentine or cantharides are believed by many to be efficacious diuretics in renal dropsy. Lastly, copaiba has been recommended as an efficacious diuretic in hepatic dropsy; it deserves a trial, but in several instances it has failed in my hands.

"c. *Purgatives* are useful in all forms of dropsy. An intestinal flux often prevents the occurrence of dropsy, and as often removes it after it has become developed. The best purgatives are those which increase the discharge of bile, or promote serous exhalation from the mucous membrane of the bowels. There are calomel and podophyllin, the saline purgatives, jalap, gamboge, and elaterium. Elaterium is the most powerful of these, but it must be given with caution, as its violent action has sometimes a depressing effect upon the heart.

"4. Improve the state of the blood and maintain the nutritive processes of the body. Iron is a useful adjunct to the treatment we have been considering in all forms of dropsy; and sometimes you will succeed by its means in removing dropsy which has resisted all other methods of treatment. This remark applies even to hepatic dropsy; Dr. Bristowe has recorded several cases of hepatic dropsy treated successfully with quinine and iron, which are well worthy of your attention; and I can corroborate his successful results by several cases which have occurred in my own practice.

"5. When, notwithstanding the measures already described, the dropsy continues excessive, have recourse to an operation for its removal. Three operations for this object are practised, viz., paracentesis, acupuncture, and incision. The circumstances under which each of these operations are preferable differ somewhat. Paracentesis or tapping is only had recourse to in ascites, and chiefly in ascites depending upon hepatic disease. The rule is to resort to it when, in spite of internal remedies, the fluid in the peritoneum has risen so high as to interfere with the action of the diaphragm. Too often the operation is merely palliative, and the fluid speedily re-collects."

If the medical profession would instruct the public in a little anatomical physiological knowledge they would confer an inestimable benefit on mankind. The public cannot understand the nature of the endless compounds described in such compounded words as bi-carbonates, &c., and the use of them. It is true they feel the effects, and often painfully and fatally too; but if the laity knew, for instance, the nature and cause of dropsy, and that the watery fluids of the body, the lymph and serum are supplied from the arterial blood, and have to percolate through the fine coats of the capillaries, they would see that purgatives and bleeding would weaken, to the inevitable effect (as the doctors own, yet prescribe them) of dilution, and, consequently, are the cause of dropsy, by supplying an excess of deteriorating watery fluid. Our simple plan is to make better blood, and to raise the digestive powers and the power of circulation by our warm external application: and, especially in dropsy, to raise the power of the lymphatic glands and serous membranes, to circulate the watery fluids, and, when they have done their office, to expel them through their natural channels—the skin, the lungs, the kidneys, and bowels; and acting on these sure and safe natural laws, we have succeeded in saving numbers from death by all the array of drugs and tapping, mentioned in the before stated elaborate and frightful account of what the poor human frame has often to undergo, with a certainty of protracted suffering and death. Bleeding at the anus to relieve the congested blood-vessels we remedy by a simple sitz-bath, 105½ or 58, or 119½ or 98 Bath list. We get the kidneys to act by our 70½ Bath list, our 168½, 220, 169½; the liver acts by our 48, and with the same bandages: in fact, we throw overboard, not the scientific considerations of the disease, for that the doctors are thoroughly masters of, but we apply life-giving external applications, and they apply destructive internal and external agencies in the form of drugs, leeches, and tapping. The public can easily judge for themselves which is most reasonable, and in accordance with nature's laws.

“In the retrograde tendency of surgical interference with a broken skull it was an important step not to remove the scalp; but other steps were to be argued. An open scalp-wound over a broken skull does not produce a great change in the danger of the case. Spreading inflammation of the membranes of the brain or deep-seated suppuration does not necessarily follow from it; but these are very likely to take place if you open the arachnoid cavity by removing the splinters which have kept it closed. When the splinters come away by a very limited suppuration at a later period, the arachnoid cavity is closed by adhesions of dura mater to the brain. It is often impossible to say beforehand whether the dura mater has been opened or not. If it is open, the danger is rendered much greater by removing the splinters. The *London Medical Times* of 1860 contains a list of eighty-three cases in which the trepan had been used, fifty-one of whom died, and thirty-two recovered. Amongst those who did well, the dura mater had been wounded but in three cases; the others as well were such that, according to my experience, they might have recovered without using the trepan or early extraction of splinters. Gun-shot fractures of the skull are always compound; their successful treatment without active interference deprives this of one of its strongholds—the presence of an open wound, which formerly seemed to permit further violence. During the two Sleswig-Holstein campaigns of 1849 and 1850, I had to treat forty cases of gun-shot

fractured skull, thirty-three of whom recovered, and seven died. We had one case of trephining with happy result, but it was of that description that it might have done well without interference. The others were subjected to an antiphlogistic treatment by ice, bleeding, purgative medicines, and low diet. The splinters were not removed before being quite loose. I have been blamed by Mr. Pirogoff and others for totally excluding active local interference in gun-shot skull fractures; many others have followed my example. You will admit, gentlemen, that there is no knowing of what use a thing may be before having tried it. My object was to know how far we might get without active interference. The result was not unsatisfactory. It was the same thing with treating typhus patients without stimulants. By trying it, on physiological principles derived from morbid anatomy, I tried it, and found it very successful. What has pleased me most, from a medical point of view, during the late war, was to find two hospitals in Rheims and one in Versailles where the number of deaths from typhus was not above eight per cent. Weak broth and some ounces of very sour wine were all the stimulants employed till the fever was over. The wine which I tasted was so sour, that it must have contained more acid than common vinegar, as I know from comparative experiments with potash. So it probably did the same service as phosphoric acid, which I prefer, with a well-boiled water-gruel for diet during the febrile stage. The two hospitals in Rheims were close to each other; in one the patients were cooled by immersion—in the other by active ventilation in tents, while the results were quite the same in both. In other hospitals, the mortality from typhus amounted to 25, even to 50, per cent. Nothing shows the great value of the medical art and science better than such striking difference in the results of treatment, under the same circumstances in regard to constitution, causes, and symptoms.

During great part of my presence in London, I used to see the surgical patients at St. Bartholomew's Hospital, under the care of that clever and highly accomplished surgeon, Mr. W. Lawrence, whose kindness and very instructive conversation I shall never forget. I saw a great number of patients under him with phlegmonous inflammation, who were treated by incisions at an early stage, before suppuration had set in. This bold practice was, at that time, little known in Germany, where it was spread afterwards, and is generally employed up to this day. Cases of this description do not permit hesitation, and show the use of the treatment very evidently. The effect of an antiphlogistic treatment is not so striking in many other cases. It is only by a longer experience that a surgeon is enabled to say whether a case of a fractured skull, or a compound fracture of a limb, has been greatly benefited by a venesection, which has been made, not in a late period, when suppuration is forming, but early, when reaction is taking place, when the face becomes flushed and the pulse full and hard. Amongst the many wise things which Sir Astley Cooper has said, was the advice to visit a patient with a broken skull three times a day, in order to find the proper time for bleeding him. This does not produce a similar effect like an incision in phlegmonous inflammation; it does not restore the patient's consciousness, but it keeps him alive. That this really takes place, can only be judged from other cases, in which bleeding at a proper time has been omitted. But bleeding is out of fashion now in Germany as well as elsewhere. The discovery that pneumonia can be cured without bleeding has been the first cause of this antipathy. I have treated pneumonia myself without bleeding and had very good results. I lost but 5 patients of 558 during ten years in the general military hospital of Hanover, from 1853 to 1864. Our patients were cupped once, and took phosphoric acid. I never allowed this to be a proof that venesection was equally unnecessary in surgical cases, which have no typical course like pneumonia. It was a mistake of former times that pneumonia might

be subdued by repeated bleeding ; it runs its course in spite of that. I have tried in vain to maintain its use in surgical practice : there is no swimming right across a mighty stream ; one must wait for the proper time of low-water to cross it. It must be some years ago that Mr. Syme said bleeding-lancets were to be found in Great Britain no more. This, I suspect, has been the acme of antipathy to bleeding. From that moment it was no more a distinction not to bleed. Bleeding ventures to show its head again in the medical times now rather timidly, but in recording cases which would have been attended without venesection. Lancets can be easily supplied again, and a few cabbage-leaves, as Dickens says, will be sufficient to give a little practice before opening a vein in man. Perhaps I am mistaken in my expectation that bleeding will soon have its turn again. Perhaps I shall be damned in future time for having been the last of the Mohicans recommending venesection. At all events, I would in that case meet very good company, all my old friends in London.

(The following is a Case of a fellow-creature ruined for life by the utter want of sensible natural restorative treatment. We should have had no difficulty in quickly curing such a Case. Our 144 Bath list, our leg spirit lamp, our poultices, chillie paste, and bandages, would have quickly restored the impeded circulation, as in the case of a general, who was a cripple, with his hip out from a similar cause. I shall try to find this Case out, and try to induce him to come to have done what ought to have been done, and leave out what ought not to have been done.)

On August 7th, 1871, I was sent for to see Mr. E. W., who was suffering from an attack of colic. On the following day he called my attention to his inability to walk on the left leg without great pain, attended with impeded movement of the ankle-joint. This had been ascribed to some disease of the veins, but the patient considered it to be the effect of rapid mounting and dismounting. The narrative he gave of himself was : "On the morning of the 1st May, 1867, at about two o'clock, I was awoke with a sharp pain in my left groin. I struck a light, and attempted to get out of bed (being at this time in the army, at Athlone, Ireland), but found I could not stand, and that my left leg was immensely swollen. At eight o'clock I was assisted into the hospital, when I was treated for rheumatism, and had my leg bandaged with wadding and flannel. I was kept to my bed, when about a fortnight elapsed, and the pain did not decrease. Six leeches were applied to my groin, and the bandage was let off. After this blisters were applied ; my leg at this time being kept bandaged. After the blistering, iodine was used to paint my groin with. I was still kept confined to my bed, with my leg elevated and bandaged. This treatment continued till the latter end of July, when my leg was rubbed with a lotion, and continued till the 16th of August. All this time numerous doctors visited me, and could not give a name to my complaint. In September, I was allowed to walk a little, and continued till February, when I was put forward for discharge as incurable in ward. I may state the pain left my groin about the middle of August, and my veins in the abdomen took to swelling, and they have kept swollen since that time. Two men of great eminence in London saw me, and said it was one of those hidden complaints which were beyond human control."

VACCINATION—ITS NATURE AND EFFECTS.

(*By a Poor Law Guardian. Printed and sold by G. Witt, King's-Lynn.*)

The writer—a parish guardian in the eastern counties, of a union embracing about twenty thousand population, for a period of twenty years—has had some experience in the working of the Poor Law, and has been from many circumstances painfully affected with the working of the medical relief, and especially brought to consider how the law, now so imperative, affected the poor in the act of compulsory vaccination. The more he saw of the working of this act, the more certain was he that vaccination was the seed sown, and fever was the crop raised. One public vaccination doctor was paid to disease the healthy infants, and another doctor was paid to subdue the fever created. The charges of the extras for work done was, in the latter case, some quarters more than the salary for the same time; and in cases of neglect or mistake, such enquiries were nearly always supposed to be of such a nature as only a medical man could answer, and was simply a letter to B. respecting the practice of A. B.'s fee for the investigation is one guinea; if the case requires watching, two guineas. B. reports that the practice of A. was quite professional. These diseases increasing with the medical precautions and salaries of the doctors, caused repeated and pertinent enquiries, ending in the author being invited to read a paper on vaccination at a conversazione, which, on the solicitation of several friends, is given to the public, in the hope of appealing to common sense, that the individuals who do their own thinking may come to a right conclusion. Is vaccination right, supposing it to be a prophylactic?

LADIES AND GENTLEMEN,—I am here by the invitation of your secretary and courtesy of your chairman, to give a paper on the reason why I, a tradesman, a non-professional, should hold ideas on compulsory vaccination contrary to those which the Medical Department of the Privy Council have made by Parliamentary authority *compulsory* on every human being in this United Kingdom, and wherever English authority can effect it. I belong to a large family of nobodies, who cannot reconcile the logic of committing a felony by inoculating a child with a disease natural to man; while on the other hand you are fired, with the alternative of imprisonment, if you refuse to vaccinate your healthy child with the virus taken from a diseased brute. The object of this legislation is stated to be the prevention of small-pox. It is a rule, though there are exceptions, that once having had small-pox you are safe from a second attack. This observation induced Lady Mary Montague, in 1772, to introduce the Arabian practice of inoculation through a puncture in the skin, with the small-pox virus, into children, to prevent the possibility of small-pox taking later in life. This practice of inoculation was strongly advocated by the medical faculty of that day, and was extensively carried out for many years, till it was found that it spread the disease it was intended to destroy. It is now a penal offence. Vaccination only wants investigation to show also its baneful effects, and that its principal support is from the large pecuniary interests involved in it by the *profession*. This was questioned

when I mooted such a reason before. I really think the medical gentlemen would not wish to claim a higher moral tone than the other professions, or even than the nobodies and ignoramuses; it is only fair to suppose us all to have an equal share of selfishness. I observed in A. Herbert's speech on the purchase system, that our army costs £29,000 for punishing, £46,000 for preaching, and £250,000 for doctoring; and the navy also costs £125,000 for the same. Not altogether gratuitous, though some people labour under the idea that compulsory vaccination is. The *Lancet* of February, 1871, says that a fee of 21s. for persons in well-to-do circumstances, and 10s. 6d. for those in middle life or in schools, and 5s. each for the lower class and servants, is not too much, considering the care required. Re-vaccination is also chargeable for adults on the poor-rates. I will add, that as our wealth increases the profession is flooded from the trade ranks, and a 10s. average poll-tax on the population of this country of thirty millions, with a colonial right over untold millions, is a matter which, in a business light, by a business people, is not to be despised. Even Dr. Seaton, one of the lords of the medical department of the Privy Council, in his work (page 369), admits—"A scramble among some of the contracting practitioners not unfrequently took place, each eager for their 1s. 6d. apiece, and each content to let the mother dictate in what manner the vaccination should be performed, so long as he got the money."

Now, the first position is that taken by Dr. Jenner, who stated distinctly, on examination before a Committee of the House of Commons, that his plan of vaccination protected for ever from small-pox. Doctors at that period, seventy years since, differed, as they do now; and several of the highest position wrote and strove against the practice. Dr. Jenner, by a fluke, won the sanction of the legislature, and obtained for his experiment £30,000. I will read a portion of his life at this period; what his vaccine was, and whence derived. I will also beg your attention to the contrast between that and the present practice, as shown in this work I hold of Dr. Seaton's.

Dr. Jenner's words:—"There is a disease to which the horse is frequently subject—farriers term it the grease. It is an inflammation and swelling of the heel, from which issues matter possessing properties of a peculiar kind, which seems capable of generating a disease in the human body, which bears a strong resemblance to the small-pox, that I think is highly probable it may be the source of that disease. In this dairy county (Gloucester) the office of milking is done by men and women indiscriminately. One of the men having applied dressings to the horse's heel affected with the grease, incautiously milked the cows, and thus the disease was communicated to the cow, and hence the name cow-pox." Dr. Jenner then describes the disease, and says:—"What renders the cow-pox virus so extremely singular is, that the person thus affected is for EVER after protected from the small-pox." One of his strongest arguments was, that his inoculation of cow-pox was not subject to the risk of imparting an infectious disease like consumption, which was the case with small-pox inoculation, but could be performed with perfect ease and security. Our present vaccination is small-pox inoculation—not Jenner's. It is arm to arm—human, not cow-pox at all.

Jenner believed that swine-pox, cow-pox, small-pox, and the grease, were all one and the same disease; at one time he thought the grease (the original source of the true vaccine), should pass through the cow, modifying it before using it as a prophylactic. Upon further inquiry he arrived at a different conclusion, and used the grease in its natural state, and supplied the public with it from the original source—the horse's heels.

Now, as the cows have not been kind enough to have the cow-pox naturally for seventy years, the doctors are by no means at a loss to procure a supply of pure lymph.

The process of poisoning a healthy beast is somewhat difficult—strong health will not unfrequently refuse for a time to be affected by it; but when it does take it, the animal will supply filth enough for half a million of people.

In order to get this pure matter, it is taken from the sores of a child vaccinated, or from a person suffering from small-pox; this matter is then introduced under the tail of the brute, and when the cow begins to show marks of blood poisoning, in the shape of foul-looking sores, the discharge of the disease hybridised by man and beast, is again used to blood-poison children. This is called vaccination from the cow direct.

Dr. Seaton, in the preface to his work entitled, "Hand-book on Vaccination," remarks on the difficulty of making it intelligible to the non-professional. At the same page, however, it is strongly recommended for the use of guardians; and as the work was especially obtained to educate me, I feel no hesitation in referring to it. The first chapter is a eulogy of Jenner's vaccination, and his golden rules of cure, viz., to sweep away all eruptions from the skin previous to inserting the vaccine lymph, also to notice each case during the development, inattention to which might be highly dangerous to life, and non-protective against small-pox.

Then follows a description of the cow-pox vaccinia, humanised, equine vaccine (or the horse-pox), natural cow-pox, artificial cow-pox—the comparative values of each; difficulty in keeping, storing, and effectiveness; spurious small-pox—various opinions, vulgar and ignorant prejudices of the uneducated; but most remarkable is the decidedly differing opinion of the *faculty*. Cow-pox vaccinia, says one authority, is best fresh. Several instances given, in which its properties were found to have deteriorated in one month; in six, it was questionable; at twelve, altogether non-effectual; while the next page would prove it had been kept four years, and like good old port wine, improved. Another page describes cow-pox as being taken with equine vaccine to India, and while the cow-pox vaccine was useless, the equine was found to have all the advantages its advocates could wish. Then the spurious vaccine was also proved to have the same properties, raise the same pock, and produce the same symptoms as the genuine cow-pox; and a chapter is devoted to cases in proof, and statistics are put in to prove each position; further on is a long dissertation on the alleged disastrous consequences, in which various cases are thus disposed of; the fact that it was quite possible mistakes might have been made; impure lymph might have been used; lancets might have been improperly cleaned; due intelligence not have been used; especial care not have been exercised in vaccinating children when in an unfit state or with lymph unsuitable to the condition of the child. Yet

statistics proved small-pox under all these circumstances to have been diminished: it agrees that other diseases have increased. Thus in the first year especially (the year of compulsory vaccination), mortality has much increased; yet, spite of its beneficial character, it admits vaccination only checks small-pox. Another point strongly urged is this, that large stations for vaccination ought to be carried out, to effectually stamp out small-pox; and every vaccinator ought to know, study, and arrange his patients, that their physical condition might be in accordance with the vaccinia, to which great attention should be given, and a large assortment of lymph required. Now, as a Poor Law guardian, I ask how can this be effected? Money will not purchase the attention. Only last week a mother, Mrs. —, in Purfleet-street, applied to Mr. W—, public vaccinator, for attention to her child, with an inflamed arm, after six weeks' vaccination. He sends word out by his assistant, his vaccination was done successfully in the eight days, and that she must apply to Mr. B—, the parish doctor. This she does, and Mr. B— says it is a case of vaccination belonging to Mr. W—, and refuses to look at it.

Who among the public vaccinators ever trouble themselves to examine the child, or know if any eruption is on it? I exposed a case which occurred at our Board, of this character. Two doctors were appointed to visit and report; and their written report, at £2 2s. each, was that the carbuncle was there previous to vaccination, and was therefore not the effect of vaccination. Was that child in a fit state to vaccinate? I will not take you from your own neighbourhood. I saw in Austin-street, and can show you a boy of seven years of age, the child of healthy parents. He, born healthy, never had anything the matter with him until he was vaccinated. His mother bared his arm, which looked as if it had been burned—excused his body, which was done up. The agony that poor child endured, the irritation (his arms being obliged to be put in a strait-waistcoat), his mother said no one could imagine. Yet Dr. Seaton, in his work, says only ignorant mothers have complained of vaccination; and four or five cases are thus disposed of as unsupported by any medical authority. Another case at Watlington of exactly the same character. This child is now under a skin doctor in London. This lady's doctors' bills were above £50 up to that time.

Another case of one of my workmen, whose child was well—vaccinated, then ill: its little arm swollen; then a bone rotted, and came away. Doctors advised amputation. It suffered eighteen months: medical certificate of death—scarlet fever. In the latter cases each of the mothers said, Give me nine days of small-pox, in preference to this agony and suspense for months and years, and still objects of commiseration and anxiety.

Dr. H—, a parish doctor, gave me his opinion of the case of a child, a private patient, vaccinated at nine months—died; the second the same; third likewise. The fourth he advised the mother, as her medical man, not to vaccinate until of riper years: she did so. That child is now a strong man. When I put it to the doctor—Could he, with such facts, continue the practice? “Oh, we doctors must live; and it is law.”

He who expects there is any examination or application of Jenner's golden rules to pauper children, or those who go for

gratuitous vaccination, is grievously mistaken. Dr. Seaton says that all educated practitioners agree they have never seen any ill-effects of vaccination; yet, in reply to a circular issued by my Lords of the Medical Privy Council to the whole of the medical men (numbering about 30,000) in this country, only about 480 made any response. Where were the other communications? Did the 29,520 throw this minute into the waste-paper basket? or consider their probable future requirements might be jeopardised by an answer according to their knowledge or practice?

Some of the writers in the dailies—the *Standard*, *Daily News*, and *Telegraph*—assert that with three good vaccine marks you may sleep with a person with the small-pox. I have traced in all these writers and wordings a great similarity to a manuscript I have of Dr. Stephens', of the Medical Department of the Privy Council. Government advertisements and patronage come in useful to the fourth estate. But our Lynn public vaccinator and his father-in-law will say there is only a given suppuration; and whether it be in three, six, or nine, or only one mark, it has the same quantity, and the same prophylactic effect.

Now for a few medical opinions, not belonging to the class Dr. Simons, of the Medical Department of the Privy Council, called "*educated*."

What harm can it do? is often asked. The dangers may be thus classified—immediate and remote. By the introduction into the system of other diseases; by inducing a change in the skin or surface of the body, which changes its vital action, and so hinders the system from throwing out morbid matters from the blood. The greater liability to death from other diseases than small-pox, in the vaccinated. The transmission from parent to offspring of an enfeebled constitution, the result of vaccination (and if there is one matter more than another which would affect the consideration of this subject, it would be the horridly-scarred countenances from small-pox).

Extract from the *Journal of Public Health*:—"Dr. Caron, Chevalier of the Legion of Honour, says, 'The mortality from small-pox seems to increase with the number of the vaccinations and re-vaccinations performed every day in Paris.'"

On measles, scarlatina, and diphtheria, since compulsory vaccination, there has been an excess of 254,000 in infant mortality in seven years, calculated on the annual deaths to one million. "The ratio of vaccinated cases to the whole administration of small-pox patients, as calculated from a series of sixteen years, ending with '51, was fifty-three per cent.; '51-2, sixty-six per cent.; '54-5-6, seventy-one per cent.; '59-60, seventy-eight per cent.; and to the present time, eighty-one per cent."

ERYSIPELAS.—According to the thirtieth report of the Registrar-General, 1862-67, there died of erysipelas, of all ages, 10,635. Of this number no less than 7,165 were infants under five years of age. Here we have the result of vaccination. Erysipelas was formerly a disease of adult life, now more than two-thirds are children under five years of age, and one-third under twelve months—the year of vaccination. Talk about the slaughter of the innocents!

No one, I believe, is allowed to enter the navy without vaccination. In 1868, the ship *Octavia* had 175 down with small-pox.

The Duke of Somerset, in reply to the Earl of Ellenborough, in the House of Lords, said it was quite true; but, as he was happy to say, it was of a very mild character. The first lieutenant and many of the crew died under this modified form: what would a severe form have been?

The *Medical Times and Gazette* contains a letter from Dr. Bakewell, M.D. of Health and Public Vaccinator of Trinidad, who says: "It is a strange but undoubted fact, that leprosy is greatly increased in our land; that it attacks the children of respectable parents, who want nothing in the shape of diet, &c., particularly the Europeans. Now, it is worthy of remark, vaccination has of late years been compulsory. The general opinion of medical men here is that it is quite possible that leprosy may be propagated by vaccination."

Mr. William Field, of Oxford-street, President of the Veterinary College, says grease in the horse is always accompanied by diseased lungs. W. C. Collins, Esq., M.D., says 250,000 deaths annually occur from consumption, pneumonia convulsions, atrophy, and other strumous diseases occasioned or superadded by vaccination. Consumption, scrofula, and other blood diseases were comparatively unknown before the introduction of inoculation and cow-pox vaccination. "It is our duty," said the report of the first Vaccine Institution, "to acknowledge that four or five cases have proved fatal from the effects of vaccination."

The lamented death of Sir Culling Eardley, in 1863, was due to re-vaccination. Several of our soldiers in Shorncliffe Camp were fatally affected by re-vaccination, "one poor fellow escaping death by the amputation of his arm, which was done at his earnest entreaty." (See the *Lancet* of July 7, 1860, in a letter from a military surgeon.)

Dr. Baynard, a French physician of eminence, in a petition which he sent to the British House of Commons, by Mr. Ayrton, of the Tower Hamlets, said: "Since vaccination the mortality of the young has doubled; and, contemporaneously with this increase of mortality we have a diminution of births, an increase of the general death rates, and the number of second marriages."

Dr. Copland, in his "Medical Dictionary," p. 829, says: "Just half a century has elapsed since the discovery and introduction of vaccination, and after a quarter of a century of transcendental laudation of the measure from well-paid vaccination boards, raised with a view of overbearing the increasing murmurings of disbelief in all those who observe and think for themselves, the middle of the nineteenth century finds the majority of the profession, in all latitudes, doubtful of its advantages, either from inoculation or vaccination."

Large numbers remain yet unvaccinated in Ireland, owing to the dread of the poor, who ascribe various skin diseases to its infliction, and also to the small penalties (generally one penny) levied by the Irish magistracy.

If, as it is often asserted, small-pox is stamped out in that country, how do you account for the 962 vaccinated cases in the Dublin Small-pox Hospital, out of 1,285?

It is worthy of consideration how anxious are the medical authority that their stamp should be on every arm, wherever government have the power. Thus the post-office letter-carriers,

assistants, from the lowest to the highest—in all the civil, military—every position—must be vaccinated; and, to crown all, the English clergymen in Paris lately required the vaccination test before administering the holy rite of matrimony. Surely if it were right such preferments would be sufficient, without this Compulsory Act, after seventy years! Panic is the direct feeder of the present laws. House-to-house vaccination puts all persons in dread, and the vast fee-field which is thereby created corrupts the senses of the medical profession.

If I can show that life has not been saved; that life has not been lengthened; that diseases have increased; that sanitary measures claim some position; that cleanliness, pure air, water, drainage, general knowledge, and scientific laws have all been known blessings to humanity, why not a diminution of the death rate and a healthier life? Why not vaccinate for fever prevention? Of what advantage is it that vaccination is to be introduced at the expense of the poor rates and government taxes, if through it some other disease more deadly take its place?

The Royal Hall, St. Helen's, Jersey, has resolved to have no compulsory vaccination law, and Jersey has remained wholly free from small-pox, and is likely to remain so. You who are not satisfied with your prophylactic, can take your summer tour here safely, while vaccinated and re-vaccinated places are doubtful. A prophylactic means going out into the rain without getting wet; and absurdly prophylactic indeed, to fail in eighty-four cases out of one hundred, for only sixteen small-pox patients out of one hundred were unvaccinated. Vaccinating means panicking, and Dr. Garth Wilkinson says "a good small-pox panic is worth two millions of pounds to the profession."

Finally, I can understand the policy of patenting an invention, but I utterly repudiate the patent authority of any government to make me use that invention. If medicine was on a right base, it would require no state aid to make it compulsory, nor any departure from the good principle of the jury law—NO INTERESTED PERSONS IMPANNELLED.

THE SMALL-POX IN PARIS.—A Paris correspondent of the *Daily News* says:—"The small-pox, after gradually declining in Paris for the last two years, has now utterly disappeared from the oils of mortality. There is not a single case in the last death returns. And yet in this country there is no compulsory vaccination, and during the war and the Commune, re-vaccination, in favour of which there was a feeble movement at the beginning of 1870, almost entirely went out of fashion. The reward of half-a-crown, which the mayors are prepared to give to any poor woman who brings her child to be vaccinated, finds few takers among the classes which entertain a prejudice against the Jennerian specific. It is very perverse of unvaccinated Paris to be free from small-pox while the disease rages in vaccinated London; but here are the hard facts, which I leave doctors to reconcile with their absolute theories."

Head baths, No. 131, and napkin wrung out of cold water put round the head, and worn night and day, No. 215, and often rewetted. The treatment must be proportioned to the strength of the patient, who must not be left for a moment until better, as sudden fits of uncontrollable madness frequently come on. To have the arms and legs packed in strips of wet calico, with dry flannel over, if very irritable, often renewed, 231 till better, then 168 $\frac{3}{4}$, 220, 169 $\frac{1}{4}$, and 188. No. 206 $\frac{1}{2}$ is also very useful. Mustard plaisters may be applied to the soles of the feet a good deal, wearing the wet socks, with dry lamb's-wool over, night and day. A hot fomenting pack to the legs, No. 143, and 115 $\frac{3}{4}$ occasionally, will be good. Sip cold water constantly; and the less solid food taken the better, until the stomach has recovered its tone. I have had also several severe cases, from taking opium and laudanum, in which the bowels were so constipated that nothing but croton oil would produce a motion of the bowels; we succeed without any aperient. In every case we were entirely successful in restoring the patients to perfect health, and instrumental in delivering them from their baneful vice. 115 $\frac{3}{4}$ very good.

After the first few days or a week of the foregoing mild application, we began with No. 14 on rising, No. 51 every other forenoon; other forenoons No. 44 and No. 69, followed by 123. In afternoon, No. 90 or 121; and soon as there is little more tone, No. 100 and 155 or 156, and 131 and 132. No. 48 will be necessary two or three times per week, as the liver is certain to be congested. No. 90 at bedtime, with 194.

WOUNDS, CUTS, AND BRUISES.—If in a part that can be immersed in hot soap-suds, immediately let it be done for twenty minutes, and let the suds be as hot as can be borne. If it be a cut, strap the lips of the wound together with narrow strips of arnica plaister, then put on a piece of spongio damped with hot water, or if no spongio at hand, use thicknesses of linen, with mackintosh or oiled silk over, to keep in the warmth. When painful, if it can be done, dip the part in hot water, *without taking off the wrapping*; this is important; we never undress the wound till there is exudation, and the morbid matter gives out effluvia, then have it re-dressed altogether, as above, and repeat the treatment if needed; it is seldom that more than two dressings are required. The spongio or linen will not grow into the wound if the part is immersed in hot water two or three times a day, or even less. If the wound is severe, and inflammation comes on in the limb, wet pack the whole limb, as in list 214, and re-wet the bandages three times a day. This will stop inflammatory action. Should the wound be in a part of the body which cannot be separately immersed, apply hot fomenting pads, and this treatment as far as it can be done. If the cut is serious, or inflammatory action sets in, it is absolutely necessary to abstain from flesh meat, ale, wine, spirits, coffee, or any kind of stimulants, and, indeed, at all times, if sound health is to be enjoyed. Wear the wet body bandage, use dripping sheets, &c., to open the pores and invigorate the system. We have had some desperate cases, where amputation had been declared necessary, which have very soon been cured by these simple means. In cases where the fore part of the finger has been torn or cut off to all but a shred, it has been replaced, and the finger made whole. (See Bath list. p. 354, "Delirium Tremens.")

(Testimony of an M.D.)

"Pray allow me to formally return you my and our thanks for the extreme courtesy and kindness you personally showed me and my two friends yesterday. I look upon the visit as one of the most pleasing and instructive, as a medical man, I have had for many a day, and I don't mind confessing to you I am in love; but whether with the master mind and the form of the matter of the Greater Master mind, which the former has laid out with such consummate taste, I have really not yet determined. This I know, you have taught me a lesson, hence you are my teacher; and it only makes me more desirous of aiding in carrying out the Hydropathic principles, which for years I have pined for. Will you do me the favour to look at, after accepting, the two accompanying little works, by one who feels he sinks into utter insignificance by the side of a Smedley's head? Riber Castle, my dear sir, is the *ne plus ultra* of domesticity; and may a merciful God grant you may yet live many years to enjoy the fruits of a well-spent life. Had I had the pleasure of seeing Mrs. Smedley, I fear my cup would have run over."

(Testimonial.)

"I beg to acknowledge the receipt of the present of Mrs Smedley's book, and it is with feelings of the deepest gratitude that I thank you for it. Tears ran down my wife's face as she beheld the portrait of one who had so kindly and affectionately treated her when she was at Lea Mills, and with such good results, as only one week before coming to Lea she had been sent home from Dr. ——— to die, as they thought. So that you may better judge of her feelings than I can express them. Begging you will excuse this trespass on your time,

"I beg to remain, yours,

"——."

(Testimony.)

"In your 'Practical Hydropathy,' page 12, you state that one of your principal objects you had in view in that work, is to teach hydropathic remedies for self-application, and to show the labouring classes how to manage many of the processes by the simple means within their reach, which, if acted upon, would often stay the progress of fever, consumption, and inflammation, or prevent them proceeding beyond their first symptoms. Now, in writing to you, as a working man, I have to thank you for writing your 'Practical Hydropathy;' you have put that within my power that I can set the doctors at defiance. It is now three years since I first got hold of a copy, and since then I have had no need for the doctors' help, although at that time my wife was suffering very much from sick-headache, urine as thick as gruel, vomiting everything she ate for six months, almost consecutively. As soon as I got to the account of the beautiful description of the liver disease, I said to her, 'I am on your track!' I began with the liver pack & stomach. The first fomentation stopped the sickness

and headache; and now, if ever the bilious symptoms set in, the same soon sets her to rights again. Again, I had a dear little nephew down with the fever, the latter end of last year; being a few miles off, the parents called the doctor in. In about a week he had got so low, the doctor gave him up. They sent me word, and I went over. When I got there I saw he was very low, almost too low for a pack, so I began with bread poultices, and stayed with him a day and a half to see that the poultices were properly put on. What was the result? On the next day he began to want something to eat, and he soon rallied. But oh! as you say in your 'Hydropathy,' what superstition, what prejudice, what opposition does this system meet with! I myself used to be attacked periodically with biliousness, but since I attended to the morning treatment I am thoroughly rid of it. You also have strengthened me in my total abstinence principles, which I have now practised twelve years, and being a non-smoker, I feel thankful to Providence that He directed me to study a little for myself—of myself—and to you under Providence do I attribute my freedom from the slavery of the doctors; and though I am often branded as a 'Smedleyite,' yet I glory in it, for I think of the proverb, 'Let him laugh that loses, he is sure to laugh that wins.' Having mackintosh sheet, portable steamer, foment cans, and pads, with your unapproachable chillies, I feel thoroughly at ease in respect to those much-dreaded doctors' bills. I hereby thank you, dear Mr. Smedley, with heartfelt gratitude for the labours and pains you have taken to make us to understand how to meet the first approach of insidious disease. Had it not been for you, my wife would have been in her grave. I myself had been threatened with consumption; and though we know not what a day nor hour may bring forth, yet I know this, that while reason holds her sway I shall never be poisoned with the doctors' stuff again. I thank you, praying that the blessing of Him who went about doing good, healing all manner of diseases, may rest upon you, believing, as I do, that He worketh all things according to the counsel of His own will, that He willeth not the death of a sinner, but rather that he should live. I cannot but conclude that you, dear Mr. Smedley, have been raised up and directed by the leadings of His providence into the track you have taken; and though the system you have so ably advocated be not universally received, neither has the Gospel of our dear Redeemer. Men *still* love darkness rather than light, and *still* men perish for lack of knowledge, yet the knowledge of the Lord *shall* cover the earth. And so shall all that is noble, and true, and pure be established, and truth shall be established in the earth; and the system—so nearly allied to our Saviour's work upon earth. He said, 'I came that they might have life;' again, 'I came not to destroy men's lives, but to save them.' And the system which saves men's lives must ultimately prevail. If a system, such as allopathy, destroys men's lives—which I have witnessed—it cannot be of God; therefore, if this counsel or work be of men, and men only, it will come to nought, but if it be of God—which in my heart I believe it is—

why, then it cannot be overcome, for he that fights against it will surely be found to fight against God, and they will find it hard to kick against the pricks. Hoping you may still be spared for a while to carry on your work of faith, and labour of love, and in the heavenly city may you be very near to the throne that is pure, is the prayer of

"Mr. SMEDLEY."

"Yours, &c.,

"____."

(A life lost which would easily and to a certainty have been saved by our treatment, which has never failed to cure any kind of fever, and quickly.)

"SIR,—I thank you for the generous gift of your Handbook, and feel it a great honour conferred upon me to have been communicated with by a gentleman in your position, and one who has done so much to alleviate the sufferings and reduce the sum total of human misery. I am reading with intense interest your book, and I have special reasons for doing so, as this day and this hour, while I write, is the first anniversary of the death of my youngest boy, who, I believe, did not receive proper treatment from the medical gentlemen who attended him. He was seized with measles about the 27th of February, 1872, from which he had nearly recovered, when low typhoid fever followed. Three doctors attended him, but they seemed to know next to nothing about the disease. The medicine he received seemed to do no good, although it was changed nearly every day, and for seven long weeks he battled nobly against that terrible fever, his whole body all the while being like a burning coal. The heat was so great one could scarcely touch him. At last mortification set in, about three days before his death, and he expired on the 25th of April. Oh, sir, had I but read your article on typhoid fever I am fully conscious that dear boy would have been now living. I should certainly have applied your remedy, and induced perspiration, so that the poison internally should have been driven out from his system. Nought but drugs—drugs—was administered, and my strong bright-eyed boy is now in his cold grave. Alas, sir! there are too many doctors and too few philanthropists. I shall treasure your Handbook. A thousand thanks to you, and I pray that your work may be circulated throughout every nation on the earth."

(Testimony.)

"I hope you will please excuse me should you think this note to you out of place at this time, but as it is eleven years to-day since, by your kindness, I was permitted in a time of need to go to your Free Hospital, and my reason for troubling you is that I do not like the day to pass without remembering, and reminding you of the occasion with gratitude. I confess to having nothing of much interest to say to you. I am thankful to the Giver of all good that to this time I have not needed similar help, which I certainly did need at the time spoken of, and which, by the good providence of God, was found for and given to me through the kindness of yourself and the treatment. Hoping yourself and Mrs. Smedley are quite well, I subscribe myself very respectfully,

"____."

(Weak Eyes.)

"Having applied to you a few years ago for advice respecting a chest affection, &c., and from which advice, I am thankful to say, I am now free, I am encouraged to seek further advice respecting my eyes, which are become very weak. The cold wind causes tears to run down my cheeks; the bright sunshine seems too much for them, and brings on a pain directly over the eyes."

(ADVICE.—*See Treatment for Weak Eyes in Index of my book, but see also Stomach Treatment, and 163, 168 $\frac{1}{2}$, and Stomach Disease Diet. Rub Chillie Paste over stomach.*)

(For Weak or Tired Eyesight, and to promote sleep.)

A piece of spongio 11 in. by 4 dipped in cold water and squeezed out just sufficient that it will not drip; put this over the eyes, tie it on, then draw nightcap over it, then have a piece of swansdown or mackintosh over all. Keeping the eyes from the light is very efficacious to soothe eyesight and promote sleep. If convenient, sponge eyes and head with hot water previous, and on rising wash eyes and forehead in cold water.

(Murderous Case—ruined for life.)

"I having been informed concerning your treatment by a gentleman who has been treated at your Institution, therefore I thought it advisable to write to you concerning my wife. She was taken ill about nine months ago with a pain in the back. A doctor was called in. He stated that the membrane of the spine was inflamed, with a tendency to paralysis; so she underwent their scientific treatment for the same—blisters and burning with iodine and caustic. And they gave her potassium and iodide of mercury, and several other things, until at length her stomach gave out. Then she was thrown on my hands. Since then she has been under the homœopathic treatment, but they also have failed to do her any good."

Treatment for youth or young woman sixteen years, with Swollen Bowels and generally weakly.—Bath list 177 and 179 and 169 $\frac{1}{2}$, and put 222 sprinkled slightly with chillies under 169 $\frac{1}{2}$. Wear these night and day, and 214 on each limb also at night, and for general treatment the letter Pe (*Special Home Treatment, page 358*), varying the mustard rubbing with neat's-foot oil and chillie paste. Diet, 210 and 212 till stomach reduced in size; and fresh air as much as possible, but not much exercise.

SIR H. THOMPSON, M.D., ON MODERATE DRINKING.

Sir H. Thompson has addressed the following letter to the Archbishop of Canterbury: "I have long had the conviction that there is no greater cause of evil, moral and physical, in this country than the use of alcoholic beverages. I do not mean by this that extreme indulgence which produces drunkenness. The habitual use of fermented liquors to an extent far short of what is necessary to produce that condition, and such as is quite common in all ranks of society, injures the body and diminishes the mental power to an extent which I think few

people are aware of. Such, at all events, is the result of observation during more than 20 years of professional life devoted to hospital practice, and to private practice in every rank above it. Thus, I have no hesitation in attributing a very large portion of some of the most painful and dangerous maladies which come under my notice, as well as those which every medical man has to treat, to the ordinary and daily use of fermented drink taken in the quantity which is conventionally deemed moderate. Whatever may be said in regard to its evil influence on the mental and moral faculties, as to the fact above stated, I feel that I have a right to speak with authority; and I do so solely because it appears to me a duty, especially at this moment, not to be silent on a matter of such extreme importance. I know full well how unpalatable is such truth, and how such a declaration brings me into painful conflict, I had almost said with the national sentiments and the time-honoured and prescriptive usages of our race. Cherishing such convictions, I rejoice to observe an endeavour to organise on a large scale in the National Church a special and systematic plan for promoting temperance, and I cannot but regard this as an event of the highest significance. I believe that no association in this country has means to influence society in a favourable direction at all comparable to that existing in the English Church, and the example and teachings of its clergy may do more than any of the other associations which have long laboured with the same object to diminish the national ignorance on this subject, and the consequent national vice. My main object is to express my opinion as a professional man in relation to the habitual employment of fermented liquor as a beverage. But if I ventured one step further it would be to express a belief that there is no single habit in this country which so much tends to deteriorate the qualities of the race, and so much disqualifies it for endurance in that competition which in the nature of things must exist, and in which struggle the prize of superiority must fall to the best and to the strongest."

THE *TIMES* ON ALCOHOL AS A FOOD.

The *Times* has fallen into a grievous mistake. In an article on the recent meeting at Lambeth Palace it speaks of alcohol as "one of the most universal articles of food," and deprecates "the growing practice of enrolling young children in Bands of Hope, and laying on them, while unable to judge for themselves, a pledge of abstinence from an article of food which, in moderation, may become essential to them." The writer in the *Times* does not seem to be aware that the most eminent medical authorities have discarded the notion that alcohol is "food." It would be easy to multiply proofs. We give only a few.

Dr. T. K. Chambers, Physician to the Prince of Wales, says:—"It is clear that we must cease to regard alcohol as in any sense an aliment, inasmuch as it goes out (of the body) as it went in, and does not, as far as we know, leave any of its substance behind."

Dr. Lionel S. Beale, Physician to King's College Hospital, says:—"Alcohol does not act as food; it does not nourish tissues; it may diminish waste by altering the consistence and chemical properties of fluids and solids. It cuts short the life of rapidly growing cells, or causes them to live more slowly."

Dr. W. O. Markham, late Editor of the *British Medical Journal*, writes:—"Alcohol is not a supporter of combustion. It does not prevent the wear and tear of tissues. Part and probably the whole of it escapes from the body; and none of it, so far as we know, is assimilated, or serves for the purposes of nutrition. It is therefore not a food in the eye of science."

These are the sentiments, not of "teetotal fanatics," but of eminent scientific men, whose views are shared by the great bulk of the more intelligent members of the medical profession. It is therefore absurd to argue, as the *Times* has done, that children should not be encouraged to become members of Bands of Hope, because alcohol may at a future period of life become essential to them. The truth is that it is only those who have acquired the habit of using alcohol who believe it to be essential—as is evident from the experience of thousands of abstainers, who as a class enjoy better health than moderate drinkers; and the great object of Bands of Hope is to teach the rising generation that alcohol, even when used in moderation, is a snare and a curse, and that the only thoroughly safe course for them is to have nothing whatever to do with an article which has in all ages, amongst every class of society, proved so dangerous and destructive." (*From the News.*)

(Nose Case.)

A girl aged 13, scrofulous constitution, had a 'breaking out on end and inside of the nose. The doctor very wrongly used caustic, which caused the sore to spread, and would soon have destroyed the nose. The only proper course in this case was to soothe the irritation, and bring healthy action; just contrary to what the doctor was doing.

Treatment ordered at the girl's home:—As her parents could not afford to pay, even at the second-class Establishment, and our free hospitals being full, general treatment, letter C, pages 356 and 163. Local treatment, 58 three times per day, three-quarters of an hour each time, and wear damp wash-leather over nose in day, and 220 in night, instead of the wash-leather as in day. No medicine, no stimulants.

Nose BLEEDING.—Use same treatment as above.

(Young Man, Hemorrhage of the Lungs, not of a Consumptive Family.)

Treatment of a case:—On rising 26½ Bath list; Chillie paste rubbing on chest and between shoulders, and occasionally all over the body; also an occasional 13½. Wear 174 and 177, and take a dessert-spoonful of cod-liver oil each day.

(Treatment for Water in Head of a Child three months old.)

231 regularly night and day without keeping child in bed in day, and in addition use 214 to each limb. Continue all above

till disease nearly gone, then keep the body bandage and compresses on, and only new flannel on the limbs, and well rub the whole body twice a day with neat's-foot oil and hand, occasionally varying the oil with dry mustard.

(Case.)

"Kindly favour me with your advice. My youngest child, a little girl now three months old, very soon after its birth developed symptoms of water in the head. From the time of its discovery until now, my doctor has tried in vain, and certainly with a good deal of zeal, to at all alter or reduce the development of the disease. I know something of your system—my father was a perfect disciple of it—and have your book; but I cannot find among the numerous cases of 'Application of Hydropathy to Disease,' so much as one case of hydrocephalus. I should be anxious to point out to you that in its general health, in the growth of its body, and in appetite, my child seems to have nothing ailing it. It continues to gain flesh, sleeps all night healthily, and without disturbing us; but the head is one unmistakable mass of dropsy, puffy and soft, and in bulgy hills all over, and larger than our child's of two years old. Two skilful doctors, unknown to each other, have examined her, and exactly agree as to the nature of the disease, so that that matter is not one of conjecture."

"Auckland, New Zealand.

"MRS. SMEDLEY.—DEAR MADAM,—I do not know how to thank you or express my gratitude, for your extreme kindness in answering my letter so carefully and speedily, and also for the very valuable books which I have received. I feel quite overpowered at your goodness. May God reward you, whose blessing maketh rich and addeth no sorrow. I commenced your treatment with my dear boy on the 19th of January. I had continued it regularly for two weeks. A boil came on the thigh of the weak leg. It was very sore, but no great discharge; and after this a scarlet eruption came out over the whole leg, from the thigh two inches over the knee. Under the knee was very bad, and this is the place my boy always says is the weakest. This continued until the 24th of February, when it was almost red flesh and very hot. I then stopped all treatment, using wash-leather and linen, and in a very short time it was all right. Since that he has been quite free from all these eruptions. Feels his general health very good, and his leg stronger than he remembers ever feeling it. This is a great thing for him to say, as he was only two years old when it happened, eleven years ago. Dear friend, accept of a mother and son's warmest thanks and deepest gratitude."

(Testimony.—Stomach Complaint and Paralysis.)

"I think we have cause to thank you for the benefit we and others have derived from the reading of your book on 'Hydropathy.' We were taking pills and doctors' stuff, and getting no better, until last April we heard of your treatment. Since

then we have discarded doctors and their treatment altogether. We are much better, though not well, as we can't follow out your advice to the letter. Yet we must thank you and Mrs. Smedley after our God. Our God's blessing be upon you and yours. I suffer much with my lip cracking—the centre of my lower lip. It is seldom healed throughout the year; is worse in cold or windy weather, or if my stomach is at all out of order. Would you kindly tell me if there is any ointment that would do it any good? It is most painful; it bleeds sometimes. I have bathed it with warm water and with cold water, but to no good end. Also I am troubled with little mattery pimples in my face, with black heads. I have them mostly in my chin and nose. It is at times very irritable, and I have to squeeze them out. Please tell me what causes them, and what would cure it, and I shall be ever thankful. I use no stimulants of any kind, nor ever did much; am twenty-six years old, unmarried, pretty strong constitution, excepting a susceptibility to get cold in the throat and chest, which, however, does not last long, and it will, I hope, soon be conquered by your mild treatment. I have a neighbour, an Irish lady. She is very stout; about fifty years of age, I fancy. She is very low-spirited; have known her the last twelve years. She has always been the same as above until last August, when she had what the doctors call a paralytic stroke. They called in doctors, and what she had I don't know. On the 12th of this month she had another attack, and thought her days were at an end, but on the 14th she rallied. They sent for the doctor. He went and gave her medicine, and blistered her, and so on. I saw her on the 16th. She was in great pain, her tongue swollen, lips parched. She was unable to stir in the bed without aid; could scarce utter a word, nor could anything quench her thirst. She is now better, comes down every day, but has lost the use of the left hand and foot. The doctors say she is incurable. I would take it as a favour if you would give me your opinion. Is she curable? What would it cost to send a bath-woman over here? I would be delighted if we could convince these Irish people of the good of your treatment. They have no faith except in doctors. Oh, I long for the day that shall open the way for truth, and justice, and right! I am ashamed to trouble you; still, if you would answer these questions you would be doing a real good. God has blessed your efforts so far, and He will bless them unto the end, for in all thy ways thou hast acknowledged Him, and He has directed thy paths."

(Advice.)

The state you are in is from indigestion and impurity of the blood, want of better action of the liver and kidneys. (See Stomach Complaints in book, 50 Bath list, and 48 and bandages, and 220, &c.) A 59 Bath list good for you. The other case you name has been one similar to yours, all resulting from disordered stomach and liver. The book will give you full directions, and you can write again any time. Our pomatum good for your lips (see Index). Steam your mouth by holding it over boiling water.

(Accidents from Dentists' Gas.)

"The melancholy accident at Exeter during the administration of the 'gas' (nitrous oxide), so commonly in use with dentists, has come on the public as a surprise; yet this is the fourth accident of this nature now recorded, showing that it requires careful medical advice as to the administration of this 'gas.' There is reason to fear that the 'gas' has no marked superiority over ether or chloroform, except that as it is quick it saves the time of the dentist. The administration of ether is now fashionable. A sort of mirage, or Fata Morgana, of instrument-makers has conjured up or exaggerated the dangers of chloroform, and yet there have been nearly fifty deaths from ether administration, represented otherwise as free from danger. On the whole, chloroform, it is well for the public to understand, is as safe as any; or rather the means of making it safe are better understood: the patient here is, as it were, in a ship in a troubled harbour with pilot, but in using the gas or ether he is without a pilot.

"I am, &c.,

"CHARLES KIDD, M.D.

"Sackville Street, W., Jan. 25."

(Poor helpless doctors, with all their scientific acquirements, cannot procure natural sleep, nor even get natural action of the bowels. We never fail to do both. We have just had a case of a man of world-wide fame worn out for want of sleep; and a London M.D. and two M.D.'s from a city in the North, all their efforts only gave pain, and caused convulsions. In his extremity he sent a messenger to me. I went, and saw at once how easily he could be relieved. In two days he got natural sleep and freedom from pain, and in ten days was out in his grounds. His M.D. declared he could not hold out above two or three days.)

"Please say by return whether you think your treatment would benefit my case. I have not slept regularly for years, and for six months past sleep has totally left me. I take chloral every night to give me a few hours' rest, but I feel as though it is quite poisoning me, and am now quite debilitated—nervous debility. My digestive organs have all gone quite wrong. I am full of wind, and very ill. Doctors give me no relief, but friends say your treatment might set me up."

(Hundreds of such cases as the following have come to our Institution and got well.)

"I have a married sister about fifty years old, and she has eight children. I think she is labouring under a nervous debility. Dr. Chadwick, of Leeds, whom she has consulted, says it is the nerves of the heart that are affected. Her medical man, Dr. —, of —, says she must get away from home and her family. Medicine, he says, will do her no good. We wish to do the best we can for her. Have you a vacancy in your Establishment for such a case? She is quite sensible, but cannot sleep, and is constantly talking. Will you kindly drop a line by return of post, and say what your terms are, and if you can receive her soon? Your kind reply will oblige."

Carbuncles are very often fatal under ordinary surgical treatment. We have seen some distressing cases too far gone to save life; other cases given up by the doctor, before coming to our establishment, and some at their own homes, have been cured. Glands are very liable to congestion and consequent swelling. (See cut of Lymphatic Glands in this work.) If in such cases fomentation was applied, bread poultice and damped spongio piline, to get more vital heat into the gland, there would quickly be an end of the congestion; but instead of giving more life to the part, cases we have had have had iodine, &c., applied to further deaden the gland, the certain consequence was further swelling and inflammation, and then gathering, when the doctor makes "a free incision," to let out the matter, the consequence is sloughing, then caustic, then spreading of the wound until malignant cancer sets in and destroys. One terrible case in the side of the neck, four inches by seven inches, with a deep hole where cut, we got quite well. Another neck sloughing we got well.

CARBUNCLES should never be cut deep. When matter is come to a head, and will not break, manipulate the part to get the matter to a point, and then slightly puncture, but never beyond the skin. For treatment, use 146½ Bath list, same as for sore legs. When deep incisions are made, it is generally fatal.

CUT OF HAND.—Gentleman, age 42, two rather severe cuts; health not good at the time. When the accident occurred, the fingers were bound up and put salve on, then showed it to the surgeon, who thought the bone was injured, ordered poppy fomentation, but spoke lightly of it. The arm, however, began to swell, and the arm painful, preventing sleep. In this state came to us, and as we saw it was a case in which lock-jaw might come on at any hour, we did not like to leave the case, but undertook it; and it was soon seen how Nature responds to the principle of doing nothing but what aids her work of nutrition. First the hand and arm was put in hot soapsuds, No. 150½ in list; then Nos. 47, 165, 172, 214 to arm, and packed the hand in linseed poultice, with dry spongio over or wash-leather; next morning 150½ to hand, night and morning, 47 in forenoon, 93 afternoon; continued this four or five days; then 46, 141 in forenoon, and continued the other treatment; nothing but revalenta diet for five days, then a mutton chop once a day. As the skin of the injured part rose, gradually cut it away, to allow the irritating matter to come away; this continued, and as the hand healed, used damp wash-leather until well, and giving home treatment.

LEGS SORE, IRRITABLE, OR INFLAMED.—Immerse them in meal and water just a comfortable heat, and keep up that heat for three hours, two or three times a day, or even, if very bad, all day will be best, and at night or when not in the above immersion, put on whole leg a poultice made with linseed meal, and on the top of this have a legging made of spongio piline, mackintosh, oilskin, or water dressing, whichever most convenient. Continue whole of above treatment till nearly well, then adopt 173¾ to complete cure.

Case No. 4.—LOSS OF THE USE OF ONE ARM.—I have lately had in my free hospital a case of the loss of the use of one arm, from smoking tobacco. The man has returned home entirely

restored, and but for this treatment he would have been a cripple for life. Neither the parish doctor nor the infirmary officers, who had the case, could give him any relief; nor were they likely to do so, because their treatment of such cases goes at once to lower the vitality of the very nerves that are already weakened from want of nutrition. Short steamers, Nos. 51 and 28 or 1, with 46, once a week; Nos. 59, 28, once a week, and No. 2 on rising, and after a short time colder treatment and bandaging the arm, was all we applied; 172, 107, and 214 to arm.

Case N. Injured knee by a blow on board ship; aged 20. On rising, No. 2, or 21·73½, or 16·73½, taking care injured limb is kept from cold water; forenoon, 143, and afternoon also; 59 twice per week; other days, 2, or 112, feet in hot mustard, or 120, or 121, or 16; 163½ in day, 172 over night dress, 153; 214, with plenty of flannel wrapped over knee, night and day. Crisis came on, the knee suppurated as it had done before, and, shortly, several pieces of decayed bone came out. Continued treatment until matter ceased running; then dress leg with crisis, calico, and flannel; then have 21·73½; on rising, 59 once a week; forenoon and afternoon, 147, two hours each time, with 153; bedtime, 147 with some hot water by bedside to use in night when awake; soon as heat is subdued in knee and leg, put on silk stocking, and keep it damp with warm water, and put dry merino or other stocking over silk. This case was thoroughly cured.

CASE OF INJURY TO THE KNEE.—A basket-maker, aged 20, employed in his occupation, using the sharp-pointed knife in making baskets, ran it into his knee, and let out a quantity of the synovial fluid from the joint. A physician, practising as a surgeon, was called in; fomentation, ointment, and bandages were applied; the young man lay in bed five weeks, and the doctor told him he would be a cripple for life, and would not again have the use of the knee joint. Having employed the father of the young man, and hearing of the case, I sent a carriage for him to my Free Hospital. The knee was immediately steamed, and hot soap and water applied, then all the limb cased, including the foot, in spongio piline, damped with warm water, and dry flannel wrapper over. The object of this moist warmth was to raise the vitality of the limb; and we knew if this could be accomplished Nature would soon set up a curative process, and we were not disappointed, for by repetition of treatment to the limb and to the whole frame, as follows, the chronic inflammation was soon subdued, and the injured tissue and diseased matter thrown off by crisis from the knee and whole of the leg. The young man has now the perfect use of it, and has for some time worked at his occupation as formerly. Used Baths No. 35½ or 55, or 2, covering the injured limb from the cold water, 42, 13, and 11, 115, 91, 141, 144, 216, 148, 156, 194, 170, 199, 200, 206, 207, 208, or 210. These baths varied each day, being careful not to overpower the strength of the body by too much treatment.

DISLOCATION OF THE KNEE-CAP, OR PATELLA.—A gentleman, age about 28, strong and healthy constitution, was nursing his child, and by some means gave his knee a wrench, and displaced the cap-bone. He applied to a surgeon, who replaced and bound up the part, applying stimulating lotions and other

usual remedies; but the knee swelled to a large size, and all the means that the surgeon could bring to bear upon it were unavailing to reduce the effusion into the joint which had taken place. There was crepitus of the joint, and little hope was given of relief but by making a stiff joint, or, possibly, amputation. We entirely removed the effusion and the crepitus, and cured the knee simply by our fomentation and bandages; Bath list, No. 141, to the leg; also Nos. 143, 214, and 137, with treatment for the general health; dripping sheets, Nos. 38, 51, 59, 101, 163½, 172, 208; spongio knee-cap also 17.

The following is the case of the Hon. H. Tucker, South Africa, who came to England for advice:—His uncle, residing on the borders of this county, brought him to me. I said I had not had such a case, but that if we could not cure him he would be in better order for any surgical operation. We went our usual way to work with such cases, comforting and stimulating the part with hot fomentations, linseed meal poultices, spongio piline, then treatment for his health, as he was in a low state from the great suffering he had undergone. We gave a 50, 141—64, 141, 48, 13, 10 on 168¾, 220, 169½, and packed the whole arm with spongio over the poultices. His health soon began to rally, but no signs of any improvement in the arm for several weeks, after which the arm began to swell enormously and with great inflammation. I had then in the house as visitors two M.D.s and a surgeon, and showed them the arm. They said unless a free and deep incision was made the matter would burrow under the fascia or skin covering the bone, and he would die of mortification. I replied I was glad they had an opportunity of seeing the effect of our natural treatment, and expressed my confidence that now the arm had got life in it, the patient would get quite well, and the result was so, and he left us 14 lbs. heavier than when he came, and long after I heard he was sound. An enormous quantity of matter came away, making, in fact, a new man of him. It will be seen by his statement that all previous treatment could not effect a cure:—

T—— Parsonage, April 6, 1860.

MY DEAR SIR,—I deem it due to you to send a sketch of my case. About sixteen years since I was thrown from a gig with great violence, owing to collision with a heavy wagon occasioned by drunkenness of the driver. The apparent hurt was fracture of the right collar bone; this was set, and in about six weeks I was to all appearance quite recovered. This continued until about three months after the accident, when, on putting my left arm forward to reach something, it became suddenly fixed, with the elbow in my side; this relaxed a little, but severe pain and swelling of the arm between the shoulder and elbow-joint ensued. The usual experiments with leeches, lancing, poulticing, fomenting, &c., were gone through, but little relief or hope of recovery was entertained until a free discharge took place, and even after that time mortification was feared, and it was proposed to take off the arm. I felt so weak that I refused to submit to amputation, being certain I should not survive it, and telling the doctor I would rather die with the arm on. After about twelve months a piece of bone worked out, and during the two years following upwards of twenty pieces followed. In 1848 I went to South Africa, and

never experienced inconvenience from my arm until severe and continued exposure during the Kaffir War brought on rheumatic fever; it swelled on the poor left arm, and troubled me for some time. From that time to the present it has troubled me at intervals of between two and three years. The violent appliances used in the treatment of it have at times brought me very low, for instance, boiling hot fomentations of poppy-head and camomile flower, followed immediately by tar plaister; these succeeding each other soon became sufficiently counter-irritant to bring off large pieces of skin. Another remedy was rubbing in a burning ointment, until the agony was too great, and I was compelled to try something else. These and other barbarous remedies were tried on the last occasion that my arm was troublesome in Africa. About three years since I provisionally met with Dr. Hutton, who gave me some very simple pills as alteratives, and directed to dress my arm with plain bread poultice; this treatment was successful for a time; I never felt pain again until last September. After my return to England it became then so painful that I could not rest either night or day; thus I suffered for nearly ten weeks before my attention was directed to your establishment. The mild yet stimulating course of treatment I underwent at Matlock Bank had the effect of relieving the pain in the arm in three days, and after that my constitution rallied, so that at the expiration of ten weeks my arm was again serviceable, my health thoroughly restored, and I was able once more to mingle in the busy scenes of life. The wonder to me is that such effects can be brought about without the use of medicines. From that time to this I have discontinued the allopathic treatment altogether; smoking, and the use of beer, wine, spirits, &c., I have entirely abandoned; and I thank the Giver of all good that my steps were directed to your truly philanthropic establishment, for there I became acquainted with what I believe is the true science and application of the water treatment. It has enabled me to be of service to several friends; and I doubt not that on my return to Cradock I shall have the benefit of applying it for the benefit of some who require it, in addition to practising it in my own household. In conclusion, I beg of you to accept of my warm thanks and acknowledgments for your unremitting attention and Christian kindness, and to present the same to Mrs. Smedley, for the kind interest she evinced in my case. I pray that you may both be spared many years to pursue that course of noble devotion and attention to the alleviation of the suffering of our common humanity. (*We have had eighteen to twenty thousand patients since this testimony was penned, and thousands of them similarly restored from a previously hopeless state of almost every kind of disease the human frame is liable to.*)

MR. SMEDLEY'S OWN CASE.

"Matlock Bank Hydropathic Establishment,
"24th June, 1865.

"DEAR SIR,—On the 26th April I was trying a new ventilator in the ceiling, with a piece of lighted paper, and in stepping from a chest of drawers, five feet high, to one lower, the flame caught my

hand, at the moment of stepping down, causing me to miss my footing, when I struck the inside of my knee with the whole force of my weight, on the edge of the drawers, and came down on the leg, doubling it up under me. I lay sick and faint for some time, I then rose, wrapped the knee in a damped spongio body compress, with a flannel wrapper over. On rising next morning I found the knee very painful, and difficult to move. I applied a large mustard poultice, with thin calico next skin, and paper outside all over and round the knee, seven or eight inches broad, with the flannel over all. I bore this on as long as I could. I then put on a bread poultice in a bag, eighteen inches long, eight inches broad, and wrapped a swansdown and mackintosh body bandage over the knee and leg; during the day steamed the leg, and replaced the poultice. In the evening I had a hot mustard leg bath to above knee, as long as I could bear, and gentle rubbing with cod liver oil and glycerine, then replaced poultice, and put plenty of flannel on during the night. I continued this treatment as much as I could, with the attention I had to give to my patients, and went to the establishment as usual. For one month little impression was made on the pain in the knee, and of course I could not walk about. I however felt certain that if anything could cure the injury our plan of trying to raise the vital power was the only course. As to the usual plan of blisters, leeches, iodine, or morphia, I knew they would stop Nature's action, and take life out, instead of put it in; and that with so severe an injury I should lose my leg, or be crippled for life, as I have known so many instances from similar injuries treated surgically. After a month red spots began to appear on the knee, and the knee gradually began to look inflamed, and to swell. I knew then that Nature was setting up a curative process, and that I should get well. Instead of subduing the inflammation and swelling, I encouraged it all I could by having the leg fomented, as in 143 Bath list, with hot pads, sometimes using our clever little portable galvanic battery, placing the foot in a warm water foot bath, then putting the negative chain under the foot, and applying positive to the knee. This was of great service; but all the time having to attend to my usual duties, I could not apply the treatment so constantly as I should otherwise have done. When I could get a whole day I fomented as 143, from rising to bedtime, on a sofa, spreading a mackintosh sheet on sofa, then two blankets, and packing the leg and knee with three flannel pads, about twenty-one inches square, and each six thicknesses of flannel wrung out of as hot water as I could bear, and hot water bottle to foot. I had my meals and got through my correspondence also on the sofa. At bedtime, first replaced poultice, mackintosh bandage, and a blanket wrapped round over all the leg in bed. The swelling and redness increased to a very painful extent, but soon a discharge of serous glairy matter came out. This went on for ten days; internal pain was removed, and I knew all was right. I used a wet body bandage, 165, a good deal of the time, to keep liver, stomach, and bowels in order, and I was, in consequence, in excellent health all the time. When the discharge nearly ceased, I began our evaporative treatment, putting a mackintosh sheet on sofa to keep sofa dry, then two blankets, two bump or thick cotton sheets, doubled in four, wrung out of hot water, wrapped round the leg, covered with two blankets, but not with mackintosh

sheet, having two sheets, and another squeezed out of the hot water, to renew every ten minutes. This went on for an hour or two at a time, after I got a silk stocking, cut it off at ankle, drew it on to the leg and over knee, then with a sponge wetted it well, got a lamb's-wool stocking, cut off at ankle in same manner, wrung out of warm water, drew it over the silk, and then a regular lamb's-wool stocking over all; tying a dry thin pocket handkerchief, not tight, over knee, to keep the stocking up. I galvanised the knee sometimes, but left off all fomentations as soon as the glairy discharge had ceased. The silk stocking should seldom be removed, but sponged over sometimes with warm water, and sometimes with soap and water; the purpose of the silk stocking is to keep the air from the newly-forming skin, which, if exposed, would be long in forming, and very irritable.

"All the time I was having my usual cold sponging over, taking care not to sponge the ailing knee except with warm water. The silk stocking, or wash leather, squeezed out of cold water, with flannel over, should be worn till the knee is well; it will strengthen the newly-formed skin, till it is well hardened. My knee is now quite well, only rather weak, and I must have patience in exercising it for months to come. Any extra exertion will bring on swelling, until the part has become strong; but all morbid injured tissues, and extravasated blood has been drawn out by the crisis, and I feel the knee entirely free from pain, sound, and comfortable. Nothing but crisis could have done this. Blisters, leeches, lotions, &c., could not help Nature to cast the injured tissue, &c., out, but would have taken away her power to do so. Patience is absolutely necessary with such severe injuries."

I have now a case. Gentleman had some injury; how it occurred he cannot recollect, but evidently the front of the leg-bone had been bruised. This, under the doctor's anti-vital treatment, by iodine, opiate lotions, &c., to deaden the pain and to drive vitality away from the part, began to slough; more anti-vital and stronger was applied, then a consultation in London, when the bone was drilled under chloroform, the diseased parts gouged out; but as it was impossible to take every particle of the diseased part away, suppuration began again, and amputation proposed but not submitted to, and with wet bandages the part was kept for years from active discharge. Still the pain at times was severe, and at times a discharge of fluid. This went on for twenty years, till the patient was in intolerable suffering. We at once immersed the leg in warm meal and water three times per day, an hour each day, and after immersion applied our 214 Bath list with wash leather instead of calico; 142 with 143 over it twice per day for an hour; 221 sometimes; 48, 50, 141 to get up general health; now and then 59; 236 day, 234 night. The consequence was a general stimulus to the whole frame and spirits; five pieces of decayed bone came away, which had been causing pain and more decay. The case is now going on well, and I believe will get well; if a perfect cure is not effected, life will be made more comfortable and prolonged. His general health is now become excellent.

On Friday, March 2nd, 1866, as Mr. Smedley was going through his new buildings at Riber, one of his masons came to him, and said

that his father (J. Gladwin), who resided at Stanton, had burnt his right arm on Shrove Tuesday, the 13th February : that two doctors had been attending him : that the arm was very much swollen, and his sufferings severe. Mr. Smedley at once sent the man down to his establishment at Matlock Bank, to his head-bathman, and they both proceeded to the man's house. They found that one of his doctors had just visited him previous to their arrival ; and ordered him to take off the poultice he had on, and bind the arm from the elbow to the wrist, to prevent the matter going down into the man's hand ; then applied caustic round the arm above the elbow, to prevent matter ascending up into his body, laid his arm on a board, and left him in great agony. The first thing the bathman did was to unloose and take off the doctor's bandage to relieve the arm, and then place his arm in a warm meal and water bath for about one hour : after this he put on a bread poultice along that part of the arm that was swollen and full of matter, and a piece of spongio piline over the poultice, then a piece of flannel over all, wrapping the arm well up from the wrist to the shoulder ; the arm was swollen from the wrist to the shoulder, an abscess formed at the elbow, and a sore containing matter extended from the elbow nearly to the wrist. This was about 7 p.m. : in course of the night the poultice was taken off : the arm was put in another warm meal bath, which caused the abscess to burst and discharge about a pint of matter : this gave him great relief, the swelling subsided, the man fell asleep. The above treatment was continued until the 8th successfully. The second doctor called in on this day to see how his patient was going on, and finding him so much improved, began to inquire as to what kind of treatment his colleague had prescribed to bring about such a satisfactory state of things ; when he was at once informed that Mr. Smedley had kindly sent one of his bathmen, who had taken off the bandage the doctor had put on, bathed and poulticed the man's arm, which had given him speedy relief. The doctor, on hearing this, walked out of the house. In three weeks the man was cured.

RHEUMATISM.—This is a universal complaint, I cannot call it disease, but a disorder of the nutritive or organic system. By some it is considered to rest merely in the blood. Others, and I think with more correctness, believe the cause of pain, inflammation, and swelling is owing to the sheaths of the muscles and the sheaths of the nerves wanting the required serum, derived from the blood, which is necessary to lubricate the sheaths of the muscles and nerves, allowing them to move easily and freely in these sheaths. Thus any mode of living, or habits of life, or any means by which the blood is impoverished, prevents the supply of this necessary serum to the sheaths (as this serum can only be formed from the blood), and the muscles and nerves consequently move in comparatively or altogether dry sheaths ; which soon produces pain and inflammation : and eventually, if not relieved, destroys the vitality of the sheaths altogether, and sets the limbs fast. In all my practice in rheumatism, I have acted on the principle of improving the blood, and have good reason to believe it a rational one, from the cures I have seen by treating it as only a disorder arising from impoverished blood and lowered vitality. I

apply steam, calico and spongio bandages, and hot and cold baths, both large and small douches to the parts affected, but not with any expectation of curing, unless, at the same time I can get the tongue clean, and the stomach and bowels in good order, by the means I elsewhere prescribe. Rheumatism will never be cured while the tongue is red or furred, showing chronic inflammatory action in the mucous membrane lining the stomach, liver, and bowels.

In rheumatism, the first essential point to attend to is the state of the stomach; and to begin a strict system of dieting, discarding tobacco in any form, for this is the primary cause of the crippled state of thousands by the double power for mischief it contains in poisoning the blood, and lowering the vitality of the nervous system by its narcotic power; then all ale, porter, wine, or spirits, which only increase the inflammatory action already so troublesome; next taking but little or no flesh-meat until the tongue is in a nearly natural state: all condiments are bad in these cases, as pepper, mustard, or acids. The simple diet recommended in this book, with the hot soaping and hot and cold dripping sheets, fomenting pack, or usual wet pack, each followed by tepid dripping sheet, or tepid shallow, and not by quite cold applications, spirit lamp, followed by tepid dripping sheet; hot water sitz bath. Pad before and behind, and feet in hot water followed by tepid sponge over, or tepid dripping sheet.

The application of cold water to any rheumatic part will only increase the inflammation; cold water should not be applied until pain is gone, and then may be used to strengthen; wear the wet body bandage night and day, taking care it is made warm by adding a flannel wrapper.

For rheumatic fever, fomenting packs and common wet pack, steam bath, and tepid sheet, and once a day a hot and tepid dripping sheet, a spirit lamp and tepid sheet twice a week, a hot washing and soaping sitz, or hot sitz, with flannel pad before and behind, and feet in hot mustard, fifteen minutes; wet body bandage, with flannel wrapper over, night and day, the calico end of the bandage wrung out of tepid water every two hours and well washed; hot mustard foot and hand bath ten minutes. These are the applications we use; they must be regulated by the strength of the patient, and the severity of the attack: free perspiration must be produced; and if it is difficult, let the patient be put in hot shallow ten minutes, and then have spirit lamp. The apparent lowness of the patient produced by these sweating processes must not alarm. I have never known a case die, or be injured, or not entirely recover. If stimulants or flesh-meat are given to keep up strength, the fever will inevitably return. Sleep in cotton socks wrung out of tepid water, and lamb's-wool over. Bandage any parts affected with wet strips of calico, well wrung out, with mackintosh and flannel over to keep in the heat. Spongio piline will keep warm when calico will not. The more the limbs are exercised while there is any rheumatism, the worse they will become: the muscles and nerves wanting vitality, and working in comparatively or altogether dry sheaths, gives great pain.

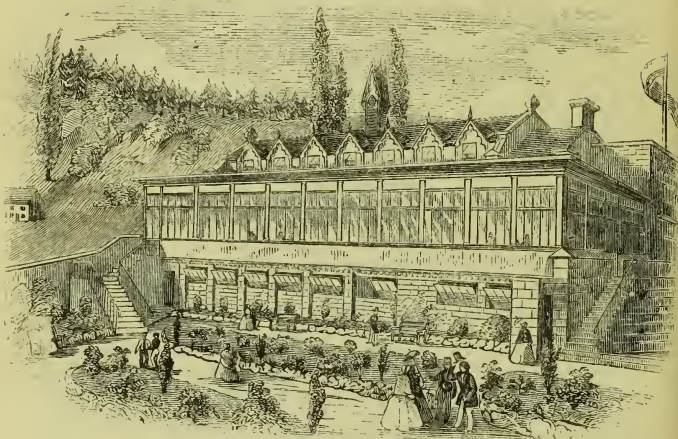
From the theory I take for the most correct one, as to the cause of rheumatism, it will be very evident that blistering, which

weakens the system, and heating lotions, which increase inflammation, but neither of which applications improve the quality of the blood, must be injurious; and they will be found, in every case, to be so. I have had scores of cases which have been seriously injured by these applications, and by them some have been made cripples for life.

RHEUMATIC FEVER.—This spring (1858) I was in Derby, and was requested to see a man in bed with rheumatic fever, age 28. I found the man entirely prostrated, unable to rise out of bed, joints swollen, and in great pain. The attack had been brought on by cold, indigestion, and overwork.

His doctor had given him strong aperients, in hopes of expelling the disorder, but this caused diarrhoea and increased inflammatory action of the mucous membrane in the stomach and bowels, and so lowering the vitality of the whole frame that the strong medicine given to cause perspiration was entirely ineffectual. In this helpless, miserable state, I had the man wrapped in blankets, and removed by train to my free hospital, Lea Mills, suffering acutely during the journey. Soon as he arrived he was put to bed, and had a little tea and bread and butter, and in half an hour a fomenting pack for one hour, followed by a hot soap over and tepid sponging. This comforting, stimulating, yet soothing process gave immediate relief from pain, and produced free perspiration, which the doctor's utmost efforts for the previous fortnight had failed to accomplish; a half chest spongio compress and a wet calico body bandage, with flannel wrapper over, were applied; then the legs and arms bandaged with wet calico strips and flannel, &c., as No. 214 on list, and mustard plaisters to feet, as No. 153; the man slept, and in the morning was greatly relieved. He had then hot soap over, and tepid sponge over, and rewetted and replaced the bandages; forenoon, another fomenting pack, No. 47, for three-quarters of an hour, and tepid sponge over; afternoon, sponge over and replace bandages; eight o'clock, hot mustard leg bath and wipe over with sponge squeezed out of tepid, and replace bandages. Next day same, only omitting foment pack, as perspiration was freely at work night and day for several days. Treatment after. light and gradually colder, until he could stand and have hot and cold dripping sheets and sitz baths and spinal rubbing, 65 degrees, then cold, and cold shallows and douche. In three weeks the man was thoroughly well, and fourteen pounds heavier than when he came, and has since experienced no return of his pains; the swollen joints soon got to their natural state. This patient had no stimulants, and no medicine of any kind, and no flesh-meat the first week.

The gross ignorance of the nature and constitution of the human frame shown in first "opening" the man's bowels is marvellous: medical men are, however, brought up with certain fixed rules for expelling disease, which rules were made into law long before the discoveries of the nature and function of the nutritive nervous system, and no facts showing the desperate mischief, and even ruin, to the constitution by following those rules will stop such practice. "*Clearing the bowels*," just as they would clear a sewer, without the slightest regard to the difference betwixt living tubes lined with mucous membrane, nerves, delicate absorbents, and minute blood-vessels, and clay pipes; this method



OUR THIRD ENLARGEMENT OF INSTITUTION.

is still the law. "*Making the bowels act*," whether nature requires evacuation or not,—something must be forced out; and so it is often, and indeed always, with purgatives, that the delicate mucous lining of the bowels is more or less forced out with the contents. The mischief purgative medicine causes will be very soon apparent, when it is seen that the mucous membrane lining of the bowels protects the thousands of absorbents which take up the nutriment out of the digested food passing through them. "*Clearing the bowels*" stops these absorbents in their legitimate office, and forces them to absorb the purgative medicine, instead of the proper aliment for the blood; the doctor's physic is carried into the whole circulation, and, besides scouring the bowels, produces inflammatory action of the mucous membrane, and mischief the doctor cannot follow in other parts of the body. The difference betwixt comforting the body by our harmless applications drawing away the poison pent up by the dry skin, and that of lowering and punishing the delicate internal structure, was strikingly shown in this case. Yet the same doctor goes on with the same practice, and I have at this moment two free hospital patients from under the same doctor's hands getting well, and for which cases he could do nothing. I could give a good number of cases of rheumatic fever cured by our applications; in no case have we failed to cure, and in a short time; and, above all, the disorder is thoroughly expelled from the frame, and so saving the patient from heart affection, which is very commonly the consequence of rheumatic fever; and if the patient under allopathic treatment escapes this, he is always left with aches and pains more or less, and weakness in some part, which is never cured by medicine.

It is very gratifying that the following case came and got thoroughly restored, and is now in a prosperous business, with a wife and family:—

“I have a brother, twenty-six years of age. About five years ago, he complained of rheumatism in his left shoulder. It did not so very much interfere with his business, and we did not take much notice of it, thinking it would go away again. Sometimes it would be very bad, and then better again. He sometimes went home in the country for a few days, and my mother put bran poultices to it, and made wash-leather under-shirts, &c.; but his shoulder did not get any better, I may say kept getting gradually worse; but it was not so bad but that he could go on with his business. About two years ago he worked very hard, and his shoulder got worse, and his arm began to get very thin. The muscle seemed gone, and he could not move the shoulder-joint. He went to a doctor, and he gave him some medicine, and applied something to the shoulder, but did no good. It was now very bad, and he went to Middlesex Hospital. They said it was chronic rheumatism in the shoulder-joint, and said he must get a galvanic battery and use it, and fasten a pulley to the ceiling, and pull the arm up. This he did, but the pain was very bad; he could not sleep or rest, it was so painful. He continued this treatment some time, but it was evidently worse. He went to Dr. A. Paget, and he said it was madness to move it; it wanted all the rest it could get. He went to another noted man. He said, “Move it about. Get some one to move it, or it would be a stiff joint.” He went to another, and he said, “Rest it;” and, with the advice of Paget and another, he had a splint made to cover the shoulder, and a sling for his arm, and he stopped at my house for a few weeks, and rested his arm all he could, only going for short walks. The pain went away, and only came on when he walked. He is now at Hastings; been here a month. His health is better, but his shoulder seems about the same; it is easy while it is very still, but aches if he walks a little way, or exerts himself in any way. He has lived a most temperate life. I am afraid to take him to doctors. One says one thing, and one another. Do you think you could do anything for him? He has a pretty good appetite; does not appear much the matter except the shoulder. A reply will oblige.”

RHEUMATIC FEVER.—A case of rheumatic fever was cured by the following treatment:—On rising 52 Bath list, or 9; forenoon, 46, 14; and, about four o'clock, 39, 14 and 168 $\frac{3}{4}$; 220 or 174 and 172 during night; and 168 $\frac{3}{4}$, 174 day, the 220 sprinkled with chillies or mustard, or 236, dry. 137 Bath list, good. The fever generally returns about night; and if this be the case, give another wet pack, 39, of half an hour, from seven to eight o'clock. Wet a napkin in cold water, and wear it round the head night and day, frequently renewed; omit flesh-meat. No stimulant of any kind nor medicine to be taken. We have never found this treatment fail in soon effecting a cure, repeated daily until the fever is subdued, and then fewer baths are needed.

We have had cases removed to my free hospital in a cart, in the middle of winter, on straw, with a blanket or two to cover them, and in three weeks have sent them home entirely restored to health. We consider such cases the most simple and speedily cured of any we have; allopathic doctors find them the most difficult of

any of their cases, and never thoroughly cure them. We have recently had several severe cases of sciatica, and been very successful with them. If the patient is young, one or two months, and sometimes a shorter period, is sufficient for cure; but if in middle life or older, the complaint is not so soon removed, yet even in these cases we succeed. Nature must, however, have time to act, as there is never sciatica without derangement of the digestive organs, and often of long standing.

The following is the prescription we gave in one of these cases; the general health must be the main point to attend to, and the complaint secondary, and only to comfort and soothe, and gently stimulate the limb:—On rising first morning, Nos. 13 and 14; second morning, No. 9; third, No. 30. First forenoon, No. 55; second, No. 64; third, No. 46; fourth, No. 61. Afternoon, first day, No. 141; second, No. 143; third, No. 142; fourth, No. 143. 195, 165, 208, moderating the baths according to the age and strength of the patient. When crisis or rash comes out on the affected limb, then keep cold water off the part, Nos. 148, 146, 33. The more severe the crisis is, the more the body will be purified, and the irritating matter taken out. Sciatica is a formidable complaint, and incurable by medicine; thousands are cripples for life by it, and six or even twelve months are well spent in the cure, rather than go halting and suffering the remainder of existence; very often the inflammation of the sciatic nerve so affects the muscles and ligaments of the hip-joint, that dislocation takes place, and then restoration is impossible by any means. The intimate connection of the sciatic nerve with the spinal marrow is the reason of the inflammation of this nerve being of so much more consequence than other nerves more distant from the nervous centres.

I have had some sad cases of the destructive effects of routine professional treatment of rheumatism, bringing on fatal disease of the kidneys. Potass is given to counteract the acidity in the blood, supposed to be the principal cause of rheumatism, which has brought on destruction of the kidneys. I had one fine young man, the hope and pride of his parents, age twenty-five, perfectly healthy till he got cold and brought on rheumatic fever, for which he was in bed many weeks, and then with the rheumatic pains throughout his frame, one of the most eminent M.D.s administered potass till the kidneys were destroyed. A rheumatic fever case with our treatment—47 Bath list, &c.—never detains the patient a week in bed, and they soon get thoroughly hearty. We have not had one failure.

CASE OF LONG-STANDING CHRONIC RHEUMATISM IN KNEES. —Gentleman, aged 35, both knees greatly enlarged and crippled. This case first under surgeons, and by the use of the usual blisters, ointment, purgatives, &c. &c., was brought into helpless state, and the liver and stomach greatly disordered. Went then to a cold water establishment, where they spouted cold water on the knees, trying to get vitality where little existed, and so overpowering the little left; then iodine and general cold water treatment; but from all the allopathic treatment, and the cold water not being calculated to aid the work of nutrition, the patient got worse, and came to us. First his knees 220, and legs in dry spongio. Then liver and stomach treatment and 165, 172. Knees after a time began

to discharge fetid matter for months, reducing the knees to their natural size, and taking away the hard swelling which extended up the thighs. When the discharge from the knees had ceased and the effusion of lymph absorbed, then used dry wash-leather, damping it in any part that adhered, wearing wash-leather till the old skin had peeled off and the new skin sound; then continued dry wash-leather for a long period, until vitality got into the knees.

Directions for chronic rheumatism, or where the joints are set fast, and yet there is no pain or inflammation.—Keep spongio piline on the parts affected, damped with tepid water; or if this cannot be procured, wrap the joints up in new flannel, and three or four times a day remove this, and have the parts rubbed with cold water and the hand for three minutes at a time; and where the skin can bear it, put a little mustard in the water, and rub with that. If the patient be strong enough, let the limbs be put under a tap or spout for one minute, and then have them well dry rubbed with the hand till warm; or give a little dry mustard and hand rubbing. For general treatment, see cases in this book; use also 148, 149, 237.

Directions for rheumatic cases, where there is inflammation and pain in the joints.—Steam them over boiling water for twenty minutes three times a day, and sponge with tepid or cold water afterwards; and keep them packed with calico strips (see list, No. 214). When you cannot get steam, foment, as in list, 144; also fomentation pack, No. 46, to the whole body twice a week would be highly serviceable; also spinal slapping occasionally, or hot mustard baths to the limbs for ten minutes, with a tepid wash after. Regularly morning and night have the whole body sponged over with tepid water, and regularly wear the body bandage, with flannel over it, if cold.

Swollen knees and ankles from chronic rheumatism.—Put feet on hot water tin, then use the cold spouting for one minute; then well dry-rub till warm. Then spout again for two minutes, and dry-rub as before, first putting a little glycerine or neat's-foot oil on hands; do the above once a day. At each treatment during the day rub in a little neat's-foot oil, and wear dry spongio on knees and ankles underneath the flannel bandages. Rub also with chillie paste.

“It is with feelings of pleasure and a sense of duty that dictate these lines. I am afraid words will fail to express my sincere gratitude to you for so kindly answering the letter from my sister, and also as being the direct agent whereby your work on hydro-pathy came within our reach, being lent for a short time by a former patient of yours. Our attention was soon drawn to the common-sense reasoning to be found in it. We were not long before an opportunity came to try our faith and your plans. One of my sisters commenced her third attack of rheumatic fever. (I may here state that we had Dr. —, one of the leading physicians, at her first attack, which was accompanied by extreme debility and suffering with her head.) She had six leeches applied to her temples, and was blistered behind her ears; in fact, she has had close upon a hundred, continuing it for several years. At her second attack we were advised to call in Dr. —, supposed to be clever in rheumatism. He managed to keep her in bed six or

seven weeks, and strongly deprecated both the bleeding and blistering. He painted her heart with iodine. We have since consulted another doctor respecting her, who says she should never have been painted, bled, or blistered. We have had nine doctors to the family at different times, and they all appear to hold crotchets of their own. We followed your advice as near as we could, and she was able to leave her bed in seven or eight days. She seldom or never enjoys good health, and it is our intention, if circumstances permit, to send her to you this summer. Immediately on her recovery I was taken ill with an attack of small-pox. My parents being alarmed pressed me to have a doctor, but having seen good results from your treatment I refused; and putting faith in your treatment, was able to leave my bed in eight or nine days. The treatment brought the pock fully out all over my body. I shall not be pitted. I was no sooner nicely on the improve than my mother, from anxiety and over-exertion caused by my illness, had an attack of liver complaint, from which she suffers a great deal. We again consulted your simple remedies, but for a day or two had our faith severely tried, the pain shifting about so. We managed, I believe, to follow it, relief generally being felt after your remedies; in fact, this the seventh day from commencement of attack, and is now able to go short walks; so in an incredibly short time we have had wonderful proof as to the efficacy of your treatment. We have the fortune (or perhaps misfortune, as far as regards those chapters relating to the cure of disease) to be possessed of several works on physiology, which I have been fond of reading, but have never been so deeply impressed before. Your article on temperance will no doubt prove a blessing, as my mother, a sister, and myself intend signing the pledge. I shall feel it my duty to recommend your work at every opportunity."

SCIATICA, or rheumatism in the sciatic nerve, which takes its rise in the hip, and runs down the back of the thigh and leg to the foot. Great numbers are cripples from this cause, and not a few have been made so by the unnatural methods used by surgeons for their cure. Nothing but restoring the nutritive powers by baths and packing can ever restore life and power to the limb; and blistering, lotions, or scarifying only aggravate the disease and increase the inflammation, and not unfrequently cause thickening of the cartilage in the thigh joint, and thrusts the bone out of the cup, putting the limb what is called out of joint, never to be got in again.

SUBCUTANEOUS INJECTION OF MORPHIA is now the fashion or fancy of the medical profession, to give temporary ease, at the certain ruin and misery of the patient.

SCIATICA, AND SCIATICA LEG CASES.—These cases are very necessary in severe or chronic sciatica, and of use in all. The severe pain striking downwards from the hip to the knee or ankle is only to be removed by renewed vitality and warmth to the part; and as it is impossible to bandage the part as in other cases of rheumatic affection, we have adopted cases made like the two halves of a pair of drawers, but separate, and to tie round the waist, the case to come down nearly to the ankle, using only to the leg affected, if not both affected. To be made of thin mackintosh or oiled silk, lined with flannel, quilted, and made to fit round the hip, and to the leg, the flannel slightly damped, but not wet: the

object is to produce a moist warmth, but it must be warm. Another very superior, but more expensive, is waterproofed swan's-down calico alone. If the leg case does not produce warmth, put on some flannel strips round the leg under the case, and if any one part is very painful, spongio piline damped on the spot under the case, or fastened to the case inside. All wrappings must be made to fit, to prevent the air getting to the part, as constant warmth is necessary for cure. Vary the applications as Bath list 153½, 214, 220. As to general treatment and diet, see Index. There is always great want of vitality before sciatica comes on, and in the course of the ailment abstinence from stimulants, tobacco, coffee, is requisite. Diet, 210. Baths most used, 70, 52, 59, 47, once or twice a week; 89 using suds and sitting in as long as comfortable; wrapping leg up same time in warm pads, 141, 143, 140, 186, 163, with 172 or 169. The less exercise the better, till all pain is gone. The foot of the leg affected is generally cold, showing want of circulation, and must be kept warm by 153, 153½, 195, and hot mustard foot-baths. After any treatment, a good deal of gentle dry rubbing with hand, using also dry mustard, chillies, or glycerine, or dry hand alone. Friction must never cause pain. After pain is subdued, continue wrappings on for a considerable time; if crisis comes on, use crisis treatment. (See Index.)

CASE OF SCIATICA AND RHEUMATIC FEVER.—A labourer, about twenty-six years of age, of sound constitution, from exposure to hardships, and keeping on his wet clothes, was attacked with sciatica in the right hip. He applied to a surgeon, who not only gave him advice and medicine free, but gave him money for food; and doctors do such kindnesses more frequently than the public know of. The tongue showing a bad state of the stomach and liver, and the bowels being constipated, alterative medicines were given, and good diet prescribed. This plan, however, only aggravated the evil, as purging the bowels gave no nutrition. The man leaving off medicine, and the summer weather coming on, got better, but not well. He went to harvest work, got soaked with rain one day, slept in a barn at night, and next morning found himself too stiff to work at all, and with excruciating pains in his limbs, he was removed home to a town a few miles off. The doctor was now employed by the parish, and pronounced it rheumatic fever. Physic alone was the only remedy attempted, except a pint of porter per day, with flesh-meat, which was, of course, adding fuel to the fire of inflammatory action, already so intensely burning through the poor fellow's muscles and joints. Morphia was given to ease him and give sleep. He was told to keep his bowels open by the medicine prescribed, if they did not move freely every day. Such treatment, being diametrically opposed to the fundamental principles of the life and health of the body, soon set the doctor fast to know what course next to adopt. He recommended him to the county infirmary, and a nobleman gave him an in-patient's admission ticket. Here the man was put to bed, and kept there during three weeks. He was freely purged with medicine, sometimes the bowels operating two or three times a day for the first month. A hot-water bath was ordered twice a week; the man had one, but was so prostrated with it that he told them he should die if he had another, as he could not now stand at all unsupported, so this was given up.

After he came out of the hot bath, he was wrapped in blankets, and put to bed, and the perspiration was so profuse that the man said a canfull of water might have been emptied into the bed. Doctors have, it seems, yet to learn how Hippocrates, the great founder of their order, many hundred years since, stopped excessive perspiration, when enough had been produced, by washing the body in cold water. Had one of our tepid shallow baths, or tepid dripping sheets, been given after the hot bath, the man would have reaped great benefit, instead of the injury he received by such excessive sweating in so weakened a frame. Chronic inflammation commenced in the eyes, and so severe was it in one, that the doctor said he feared it would result in the loss of sight. This was entirely caused by the weakness of the frame. The object in allopathic treatment really appears to be to get all the life out by sweating and purgatives, under the idea of purifying the system, but the body dissolves under such cleansing. An M.D. and the house surgeon assiduously attended the man. The physician told the man that unless he got better soon, he must, according to the rules of the institution, discharge him as incurable. The man replied he could not help it, and must submit. One more plan was tried by way of rousing worn-out nature, and drawing inflammations out, and that was a large blister right across the bottom of his back; it rose well, discharged well, but, as in the Earl of Derby's case 200 years ago (see Mr. Smedley's book), still, mysteriously to the doctor, it did no good, nor was it likely to do.

Now, let it be remarked, that all this is the usual routine treatment for such cases, rich or poor; for the man had been under two eminent surgeons for months before he went to the infirmary, and at the infirmary he had attention and advice equal to any in the land, by surgeons and physicians too, and the best diet, warm rooms, and hourly attention; in fact, such that is not to be had at the ordinary homes even of those who can afford to pay physicians. The case was a failure, given up as hopeless. Not one plan had been tried in accordance with Nature's laws of nutrition; all had been forcing her to act; attempting by compulsion to eject the inflammatory action, without regarding Nature's complaint of the gross usage administered to the wonderfully delicate complicated structure of the body.

The man was advised by one of the surgeons to get to my free hospital. He applied; I happened to have a vacancy, and he was at once removed from the infirmary bed to my hospital, with difficulty and much suffering; a perfect skeleton, and in intense pain. We began by appealing to the stomach and bowels with hot fomentations; then washed the body over with hot soap and water; then gave a tepid wash, drying with a sheet, and put on a wet body bandage and spinal compress; then packed the limbs in strips of wet calico, with dry over, then covering up with mackintosh and flannel. In twenty-four hours the man felt considerable relief; his natural feelings told him he had got on a new and more comfortable track. Soon he slept well, without narcotics, which had been given freely before; and thus, after three weeks' treatment, he was free from pain; the severe inflammation in the eyes soon getting well, as the tone of the stomach improved; and at the end of that time he walked to and from the hospital, up and down a high flight of steps, alone, to join our morning service; his appe-

tite became good, and the bowels acting naturally, and only requiring time to become a strong man again. He gained weight and strength every day. He had not a grain of physic, nor a drop of mixture, except what our cook made in the shape of porridge, pudding, &c., and only water and milk, and weak black tea to drink. I could point to scores of such cases, now well, and some of them the servants of wealthy people, who, nevertheless, decline to countenance hydropathic practice. The very great gratification, however, in being instrumental in the restoration of our fellow-creatures to health, and imparting spiritual consolation at the same time, fully repays us for any worldly sacrifices: the possession of millions of money could not be put in comparison with it.

Directions for chronic rheumatism, or where the joints are set fast, and yet there is no pain or inflammation. Keep spongio piline on the parts affected, damped with tepid water; or if this cannot be procured, wrap the joints up in new flannel, and three or four times a day remove this, and have the parts rubbed with cold water and the hand for three minutes at a time; and where the skin can bear it, put a little mustard in the water, and rub with that. If the patient be strong enough, let the limbs be put under a tap or spout for one minute, and then have them well dry rubbed with the hand till warm; or give a little dry mustard and hand rubbing. For general treatment, see cases in this book; use also 148, 149.

Directions for rheumatic cases, where there is inflammation and pain in the joints.—Steam them over boiling water for twenty minutes three times a day, and sponge with tepid or cold water afterwards; and keep them packed with calico strips (see list No. 214). When you cannot get steam, foment, as in list 144; also fomentation-pack, No. 46, to the whole body twice a week would be highly serviceable; also spinal slapping occasionally, or hot mustard baths to the limbs for ten minutes, with a tepid wash after. Regularly morning and night have the whole body sponged over with tepid water, and regularly wear the body bandage, with flannel over it, if cold.

LUMBAGO (from *Lumbus*, the loin). A rheumatic affection of the muscles about the loins. The Hydropathic treatment is exactly the same in principle as for rheumatism in other parts. A patient, about 55, rather stout, general good health, but with a dyspeptic tongue, from want of the daily application of water to the skin and whole body, and not using the wet body bandage for constipation, but taking a little physic instead, from extra over-exertion, and the stomach of course participating in the derangement of the system, was suddenly seized with severe lumbago pains; he wrote to me for advice, and, after a little relief at home, came to my establishment. I treated the case first for derangement of the digestive organs, endeavouring to soothe the pains in the back by our fomenting pads and hot can, which soon gave some relief; but until the stomach can be put right, the pains will not be got rid of, as it is simply mucous inflammation, which Nature, true to the self-preserving principles of the frame, endeavours to throw off from the vital organs on to those parts which do not interfere with existence. Treatment first in the morning:—Nos. 93 or 9: put on a large piece of spongio piline, sprinkled with hot water, over the

loins, where the pain is, and over that No. 163 or, if no spongio at hand, No. 168; remain in bed till the pains are relieved. At 11 o'clock, have large mustard plaister over the loins, as long as it can be borne; wipe it off with dry cloths. and then have No. 141; and at 4 in the afternoon have 93, 19, keeping on the leg bandages, with plenty of flannel over, all night, mustard plaisters to the feet, one and a half inches broad, and bound on with dry calico bandage and flannel. No flesh-meat, or any stimulants or coffee, but little food, and that of a simple kind. The following morning, if pain is yet severe, repeat the previous day's proceedings, and remain in bed; but if it is abated, begin at 7 o'clock with 9 or 19, and keep on only the spongio and body bandage; rubbing the loins every time previous to putting on the spongio with hand and tepid water one or two minutes; at 11 o'clock, No. 144, and do not disturb the body more until 9 o'clock at night, unless the pain is severe, when, if that is the case, put on dry hot fomenting pad over loins, and one in front, and dry hot fomenting can for one hour or longer; afterwards rub the part with hand and tepid mustard and water, then sprinkle the spongio with hot water; replace it and the body bandage wrung out of tepid water.

When the pain is relieved, rise and sit in easy-chair; but the less the back is used, the sooner the inflammatory attack will subside. After the first two days, and if the attack is subsiding, have No. 19; keeping on spongio and body bandage for a week or more; and when leaving it off, have dry flannel or, what is better, No. 168. The part will be very susceptible to cold for a considerable time. If any return of the complaint, use No. 64, and the bandages and spongio. No. 168 $\frac{3}{4}$, 220, or 174, and a flannel wrapper over it, night and day, will soonest get the stomach and bowels in order after the first severity of pain is over. After the attack has subsided a week, get to No. 19 twice a day, No. 51 once a week, No. 39 once a week; then go on ordinary home treatment. No. 168 $\frac{3}{4}$ should be worn for several weeks. The complaint must be treated as a stomach disorder, and live accordingly; after meals, No. 76 or 77 is useful; No. 59 is useful, instead of fomentation, after the first day or two, and may be repeated several times in the week, if the person is at all stout.

ALLOPATHIC TREATMENT OF RHEUMATISM.—It may not be uninteresting or uninstructional to give some extracts from the standard authorities of the day as to the opinion of the medical profession, both of their idea of the nature and causes of rheumatism and their mode of attempting cure. The same distinguishing line of action, it will be seen, is adopted as in all their attempts to restore failing or fallen nature;—strong purgatives, calomel, &c., bleeding, blistering, burning with moxa (*see article on this in index*), seton, issues, opium, &c., “*cupping, blistering, and active purgatives long and steadily continued*” (*Hooper*); and when the continued effects of such means show the natural result on the sinking frame, then “*stimulants and tonic medicines*” are tried for a time, to be succeeded by the previous plans. In all cases of chronic rheumatism, says the article, stiffness of the joints is to be dreaded; and so recommends exercise. *This has made permanent cripples of thousands; for all experience proves, that the more a rheumatic joint is used, the stiffer it becomes, and the more painful; nevertheless such advice is still*

given, and being by the profession followed, until regret comes too late. Hooper in another place says, that "*Rheumatism is aggravated by motion!*" "*In all cases pain is, if possible, to be relieved, and generally opium will be found the only effectual remedy.*" Now opium can stupify, but not give renewed vitality, and it does infinite mischief elsewhere, according to their own showing. We remove pain by our fomentings, bandages, &c., bring out the inflammation on to the surface, not by burning with moxa, &c., but simply by causing more vitality in the part; and this will always throw off morbid or inflammatory matter, at the same time relieving the stomach, not poisoning it with "*full and free doses of calomel,*" followed by black draught, scouring the poor bowels and the liver. Where are Sir Charles Bell's and Dr. Hall's discoveries recognised in all this? Where is the vis vitæ or power of life regarded? The body might be some automaton machine, that required polishing, cleaning, and patching; and not muscle, mucous membrane, glands, and the curious variety of tissues, &c., all acting and existing by the undefinable yet undeniably existing nervous fluid or electricity, which the same practitioners show us holds all the gas, and water, and silica, and salts composing the body in its form and gives it life.

SPRAINS.—Whilst pain continues, attend to No. 58 Bath list three times a day, and 214. After pain is gone, and the joint is only *weak*, then attend to No. 17 three times a day; and instead of No. 214 apply a piece of spongio piline on the part, and dry flannel bandages around affected limb to stimulate circulation in the whole limb. If any crisis appears during the above, omit the treatment, and apply 173½ till it is over; 150½ will also be very useful for crisis. When the crisis (*rash or boils*) is gone off, and the part only feels weak, rub cod-liver oil on twice a day with the hand, or chillie paste, and keep the damped spongio piline on for some time; this also promotes circulation and vitality in the part. If the above does not relieve, use 220, and apply 153½ occasionally.

WOUNDS WHICH ARE SLOW TO HEAL, or when there is scrofulous or bad matter in them, and strong inflammation.—Adopt pack 223 Bath list, but only for the part affected. For instance, if disease on leg, then place the bricks prepared as in 223, one on each side of leg and one for foot, and let them be so placed that the limb can be moved a little whilst in pack, to avoid being burnt by the hot bricks being in constant contact on one place, so that the pack may be continued an hour or two without fatiguing the limb by its being in one position so long; and when it has thus been well sweated, remove the packing, and sponge well but carefully with warm soapsuds and then tepid water, then re-dress the part quickly to keep it from the air. As regards the dressing for such wounds, the 220 on Bath list should be attended to till nature is beginning to heal, and the parts are free from discharge; then, instead of the bag poultice, use wash-leather or silk webbing doubled two or three thicknesses, according to the degree of matter running from the wound, the leather well damped with hot water and laid over the wound where poultice has been, and continue the spongio and dry flannel dressing as before, over the leather. The pack 223, as described above, may be repeated safely two or three times per day, as long as the part sweats well, but

when the sweating becomes less, then the 223 must not be taken so often or so long, but attention must be given to keep a change of the dressing, so that the part may be kept quite clean and damp, or the process of healing will be checked. On removing the leather, squeeze some tepid water into wound, and sponge all round the parts affected.

OLD INJURIES OR WOUNDS FROM BROKEN OR DISLOCATED LIMBS, OR HUMOURS.—The effect of the Hydropathic treatment in restoring parts which have been formerly injured is very striking, and shows the sound principles upon which it is based. It is an ordinarily admitted axiom in the medical profession, that the quicker the tissue of the body is replaced, the more healthy and vigorous it will be; and that the new healthy tissue thus formed will not bear the presence of effete or morbid matter, but will quickly expel it. We have had a number of striking cases of this description. In the case of a lady, whose arm had been broken four years before, and which had been weak ever since, although apparently restored, a crisis came out after a week's bathing on the very part where the fracture had occurred. This crisis discharged, then threw off scaly eruption, got well, and the arm was restored to its normal vigour. At the same time (as a matter of course, and, in fact, the cause of the restoration of the arm) the whole frame was invigorated.

Another case of sprain of the ankle joint of years' standing, and which, as usual, had been treated as a local ailment, it being bearable and useable, and therefore, left to be cured by time, as the heating lotions and blisters did not appear to strengthen it. In a few weeks after our treatment for general health, the ankle became swollen and inflamed, and then began to suppurate; appetite improved, spirits raised, with a new feeling of comfort in all the frame, except the suffering part under process of renewal. This cheered and gave confidence until restoration was completed. This is natural cure; not the effect of science, but simply studying and following Nature's laws in keeping the pores of the skin open, cleansed, and healthily stimulating the suffering member by artificial warmth, cleansing away the morbid matter as it exudes, so as not to allow it to be offensive to the new granulations forming; attention to plain simple food, good air, and good water, following Nature's hints, not forcing her to submit to man's ideas of what results his pharmacopœia and materia medica practice ought to produce. No, Nature will not be dictated to; she has secrets in her laboratories (the glands, &c.) where she forms the delicate compounds man cannot imitate. He is sure to put in too much of one thing or another, or not the right material at all. He aims by mixing up tonics and purgatives, sedatives and stimulants, to hit the mark, but always fails in giving nutrition with the nasty stuff he administers. Our custard puddings, roast beef, and forest mutton distance the utmost stretch of his genius, with the London Pharmacopœia and Materia Medica to boot.

The advantage of a proper use of Hydropathic treatment is shown by the effects it produces in other parts of the frame, except where vital injuries have been sustained by bleeding, setons, physic, &c., and even in these cases a great deal can be done to prolong life and make it more comfortable, and the body more efficient; this is a great boon to the sufferer. By the other principle of practice,

There is no chance of a radical cure being effected. We could give a large number of cases of injuries being thus cured or relieved, and have always such cases in our establishment. An elderly member of the Society of Friends, recently returned home cured, came to the establishment quite broken down, the lower part of the legs dark and inflamed, and an issue set, from which exuded offensive matter to such a degree, that he was offensive to himself, and banished from the social meetings of friends. The doctors said the offensive matter was the safety-valve for the preservation of life, and if stopped, would be in danger of death. And believing the doctors' prophecies true as to the direful consequences of the discharge ceasing, agreed to have the legs discharging stinking matter for the rest of life. When told the discharge would not only be stopped, but health would be renewed, and the legs made whole, was incredulous. He did wait; the case was made whole.

So many cases come to my recollection, that it is impossible to spare time or space to record them; but if any reader wishes to prove the truth of the statements, we will give them references to persons who will gladly testify to the blessing of the treatment used.

ULCERS.—After active suppuration, or where the discharge has been slight for a considerable time, it is not advisable to excite action in the part, as Nature has become weak in the part, and unable to do more there. In these cases the quieter the part is kept the better; and attend to the general health, or bring out crisis over stomach and liver, to draw away morbid matter from the system. To this end, if the ulcer is still open, apply a simple cereate plaister (we get ours from Mr. Young, 16, Pitfield Street, Hoxton, London, who prepares it in a superior manner). After covering the place with this plaister, put over spongio, flannel, or wash leather, damped to keep the part warm. Dry-rub with hand, or mustard and water, over the parts near. If in the knee, rub the leg and thigh, and bandage the leg to promote circulation. Give general treatment, with 50, 48, 69, 114, 73, 59 occasionally; if not very weak, use 165, 172; but if this not warm, use 169.

ULCERS, WOUNDS, and Rheumatic Pains in the Legs and Thighs. Put the legs into a leg bath 90 deg., cover the parts affected. The object of this bath is to act as a stimulant, and may be taken for an hour, and sometimes longer. It always accelerates the process of granulation, and causes an abundant suppuration, and consequently quickens the discharge of morbid matter out of the system. The same bath is also applicable to any other members of the body afflicted in a like manner. (See also page 180.)

ABSCESSSES.—First wash with common yellow soap and water, and if in a part where steam can be applied, let it be steamed for twenty minutes; if not, foment with hot water for the same time; but neither steaming nor fomentation must be very hot, as, if too hot, it will rather irritate than soothe. Then apply No. 151, or if much inflammation, use 220. Keep it from the air as much as possible; steaming three times a day. We now find wash-leather best, applied instead of crisis calico as No. 151. As abscess is only the result of some constitutional disturbance.

treatment to renovate the general health should be applied, at the same time with the baths and the plain diet recommended in this book, but no stimulants. I have seen abscesses forming in the glands of the neck and elsewhere, absorbed and prevented from coming to a head by simply wearing damped spongio piline, and giving a few fomentations, not very hot, and attention to diet and baths.

CASE OF BLINDNESS.—A gentleman residing in London, about forty years of age, came to our establishment to ask if, in my opinion, hydropathic treatment could do anything for the restoration of his eyesight. He had for some years suffered from inflammation in the eyes, and his sight gradually became weaker, though he had observed the strictest attention to the advice of surgeons, physicians, and oculists he had consulted. He had hesitated neither at expense nor self-denial, but all ended in disappointment; and indeed the result was a worse calamity than weakness of sight—for the last surgeon he was under in London ordered a blister to be applied entirely over the forehead, with the intention of drawing out the inflammation, and as soon as this blister *rose well* he became totally blind. It was the last outrage nature could submit to: the blister drew away the life of the nerves, never more to be restored. He has been ever since hopelessly blind. I could do nothing for him but invigorate his general health, which became excellent; and if this treatment had been applied earlier, I have little doubt but his sight would have been good. He had been suffering for many years from acidity, and consequent inflammatory action of the mucous membrane of the stomach, liver, and bowels; and the eyes were, as a matter of course, affected. The doctors applied their nostrums to the head, by cupping, often blistering behind the ears, and at top of spine, and salivating, until the last eminent practitioner, thinking he would try the front part of the head, and carry his attack on the inflammation by blistering nearer the centre of mischief, gave him a *coup de grâce*, and received his fee! Being a certificated practitioner, and using the lawfully authorised rules of warfare against disease, he came off not only without blame, but with, no doubt, the satisfaction to himself of having tried every orthodox plan in his power. When will the College of Physicians throw aside the dogmas of the London Pharmacopœia and the Materia Medica, by which all surgeons admitted to practice must swear? These codes of cure of disease have been laid down generations back, and are known by the profession to be fallacious in many points; still their mixtures, and the application of them to disease, must be acknowledged, notwithstanding the absurdity of laying down laws for all present and future times, ignoring all progress in scientific knowledge of the human frame in its requirements in disease.

“When will mankind shake off the superstitious regard they have for old-established usages, and think for themselves, and compare the practice and principles of not only surgeons and M.D.s, but of other professionals, who are educated with an idea that they possess a right, by virtue of their diplomas or orders, to assume an infallible authority over their fellow-creatures? This poor gentleman, from over-studying, weakened and deranged his general health. His *vis vitæ* drawn constantly to the brain to keep up the stimulus there for study, the nutritive process was

partly stopped. The optic nerves, in common with every other part of the body, were decaying, and not being replaced until attenuation amounted to that degree that they were incapable of conveying the sense of sight from the nervous centres in the base of the brain, all the nervous system sympathised; and when, on examination of the patient's habits of life, the doctor could easily see a cause for the ailment, why did he not look to restoring the nutritive powers, instead of prescribing a directly opposite course, draining the life further out? The patient has been a man of most strict moral habits all his life, and guilty of no excess. Stimulants and good living were ordered by one, abstinence by another; then either of these courses was condemned by a third, and so on—it was all striking in the dark, until the poor gentleman's readings were put an end to by total blindness.

The following letter came in this morning, showing the utter helplessness, but for mischief, of the doctor practice.

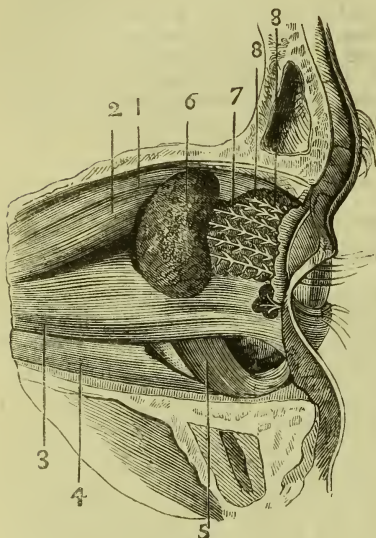
My symptoms are the following:—About six months ago a carpenter's chisel fell accidentally into the inside of the right foot between the heel and ankle joint. I was taken to the nearest surgeon. He put a stitch into it and strapped it up. He said the cut was in a delicate place, and as there was none of the main leaders severed it would be all right in a few days. The pain continued excessive up the back of the leg; and not being able to put the foot to the ground, I called upon the surgeon that dressed it. He said there were some nerves cut, and prescribed turpentine cloths to relieve the pain, but without effect. Secondly, he put two leeches on the back of my leg—these also failed to give relief. However, after a few weeks' confinement to the house I was able, with the help of a stick, to go to the building-yard and attend to my ordinary duties; but still feel very stiff, especially about the knee-joint. Shortly after returning to my usual employment, I was attacked locally—shifting from place to place—with what the surgeon called nettle rash, coming out in blisters, and, uncommon with itch, still continuing less or more ever since. Along with nettle rash, I have felt for a length of time through the whole system, prink, prinkling, like rain falling on the skin. I applied to a highly-spoken-of surgeon. He says that the blood has got out of order, but up to this time anything he has given me has failed to give relief. Not having faith in the drug system, I am not inclined to take all that is prescribed, as I feel I am getting weaker, more especially in the lower extremities, but still attending to my usual employment. In conclusion, if you will advise me what you think I should do under the circumstances, as I feel extremely anxious in my present state. I may add that the foot is inclined to swell.

TREATMENT FOR STRENGTHENING THE EYES.—

After curing the inflammation by the use of 227, and thus preventing a recurrence of the inflamed state, attend to 205½ twice a day, and rub chillie paste into nape of neck and behind each ear,

and always at night keep a piece of damped wash-leather, doubled in four, and a silk kerchief over them. (See Bath list, 226 $\frac{1}{2}$.)

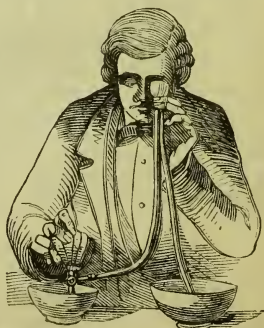
THE ANATOMY OF THE EYE.—In Fig. 422 the motor muscles



1, Muscle which raises the eyelid. The tendinous expansion of this muscle has been cut away to display the palpebral portion of the lacrimal gland covered by it; 2, muscle which directs the optic axis upwards; 3, muscle which directs the axis outwards; 4, muscle which directs the axis downwards; 5, muscle of unascertained use; 6, orbital part of lacrimal gland; 7, palpebral part traversed by four ducts of orbital part, and sending into these small ducts or canalicules; 8, 8, accessory ducts proceeding exclusively from the superior border of the palpebral part; 9, another accessory duct with three lobules.

Fig. 422

and the lacrimal gland of the right eye are shown by the removal of the lateral bony parts of the external side of the socket.



Eye and ear douche we find very useful. Savory and Moore, inventors, 220, Regent Street, London; or through any chemist.

EYE BATH.—Eye-glasses are sold at the druggists'; the application of them is as follows. For weak sight, without inflammation, fill the glasses with water 60 degrees, and in a stooping position, to keep the water in. Then raise the head with the glasses fitting over the eye, and open the eye-lids to allow the water to come in contact with the eye-ball. Keep the glasses on five minutes, then change the water; and while changing, let the eyes face the strongest light. Thus go on applying water in the same way five minutes longer; repeat this three or four times a day; after a few days use only cold water. If convenient, pack the forehead with a piece of calico wrung out of cold water, and oiled silk over, during the application. Inflamed eyes treat as follows:—Use head bath cold or rather tepid; foment the eyes and forehead for ten minutes with hot flannel pads, wrung out of water as hot as can be borne, while using the head bath; then pack the forehead as above with wet calico, and apply the glasses, with water 70 degrees to commence with for three minutes, the next three minutes 60, and then three minutes cold; and in changing the water, open the eyes and face the light. When the inflammation is subdued, then treat the same as for weak eyes; for accidental injury apply the same.



The patient must not be alarmed at the eyes becoming much blood-shot by the use of the glasses at first; this is producing the desired effect by stimulating the circulation, and will subside in due time. At bed-time foment the eyes with hot water five minutes, then pack as above with wet calico over the forehead, and two pieces of damp spongio over the eyes for the night. The ordinary method of shading the light from weak or inflamed eyes is highly injurious, and often results in permanent injury. As inflammation of the eyes is often a secondary symptom, showing inflammatory action in the stomach or other viscera, diet and other precautions are absolutely necessary for recovery. Avoid all stimulants; adopt the diet recommended in this work, wearing body bandage; and take the usual cold or tepid dripping sheets, and sitting baths as for ordinary health. If there is much mucous inflammation shown by the red tongue, &c., more active general treatment will be required before the eyes can be restored to healthy action. (See Bath list, 227.)

DEAFNESS.—We have succeeded in curing or relieving cases where it has resulted from weakness of the nerves, or low power of the excretory ducts, by using general invigorating treatment, and the use of Bath Nos. 134, 135, 136, also 58, 220 in night, and damp spongio all day; the 58 should be applied with the gutta percha steaming pipe, which is supplied with the portable steamer, and is very easily done; the ear douche should be used gently, with 80 degrees water, directly after steaming; and if in cold weather, a little animal-wool put in ears, moistened with a little olive oil or glycerine, or dry, to keep up the warmth in the ear till the mucous lining is restored. The object of this treatment is to restore the secretion of the healthy waxy mucus; care should be taken to keep the glands under the ear warm till the ear is strong.

In some obstinate cases of deafness hard wax forms in the ear, which the ordinary ear douche will not reach, and in two cases the ordinary medical syringe has been used with as hot soap and water as could be borne, when rolls of hard wax have been dislodged and the hearing restored; but this should be done by a surgeon, as the incautious use of it might do injury. The great point in deafness is to keep warmth about and under the ears, wearing lamb's-wool in, moistened with olive oil. The ordinary treatment, as described in the previous article, has restored great numbers. Plunging in the sea, or cold baths, or sponging the head with cold water, lays the foundation of deafness in many cases.

EARACHE.—Use 135, or lay first one ear, then the other, in head-bath, with soap-suds, 95 degrees, five minutes; then apply the dressing, as in 151, to each ear; repeat either of these remedies as often as pain requires.

The following is a short extract, and two cuts, from Lardner:—

The Ear consists of three distinct compartments, differing extremely from each other in their form. They are named by anatomists according to their order—proceeding from without inwards—the *external*, *middle*, and *internal* ear. *The External Ear.*—The part of this division of the organ visible on the outside of the skull, behind the joint of the lower jaw, is called the *pinna* or *auricle*. Proceeding inwards from the concha, the remainder of the external ear is a tube something more than an inch long, the diameter of which becomes rapidly smaller; its calibre is least about the middle of its length, being slightly augmented between that point and its connexion with the middle ear. Its section is everywhere elliptical, but in the external half the greater diameter of the ellipse is vertical, and in the internal, horizontal. This tube does not proceed straight onwards, but is twisted so that the distance from the concha to the point where it enters the middle ear is less than the total length of the tube. The external part of the tube is cartilaginous like the external ear, but its internal part is bony; the bony surface, however, being lined by a prolongation of the skin of the auricle. *Membrane of Tympanum.*—The internal extremity of this tube is inserted into an opening leading into the middle ear, which is inclined to the axis of the tube at an angle of about 45° . Over this opening, which is slightly oval, an elastic membrane, called the *membrane of the tympanum*, is tightly stretched, like parchment on the head of a drum. In Fig. 435 the several parts of the ear are shown divested of the surrounding bony matter; and to render their arrangement more distinct, they are exhibited upon an enlarged scale. The concha, with the tube leading inwards from it, marked *a*, terminates at the inner end, as already stated, in the tense membrane of the tympanum placed obliquely to the axis of the tube. The resemblance of this tube and the concha to the speaking or hearing trumpet is evident, and the physical purposes which it fulfils are obviously the same, being those of collecting and conducting the sonorous undulations to the membrane of the tympanum, which will vibrate sympathetically with them.

The Middle Ear is a cavity surrounded by walls of bone, which, however, are removed in Fig. 435, to render visible its internal structure. An opening corresponding to the membrane of the tympanum is made in the external wall and the external part of the

inner ear shown in the figure is part of its inner wall. The inner and outer walls of this cavity are very close together; but the cavity measures, vertically as well as horizontally, about half an inch, so that it may be regarded as resembling the sounding board of a musical instrument composed of two flat surfaces, placed close and nearly parallel to each other, the superficial extent of which is considerable compared with their distance asunder. This cavity is kept constantly filled with air, which enters it through a tube, *b*,

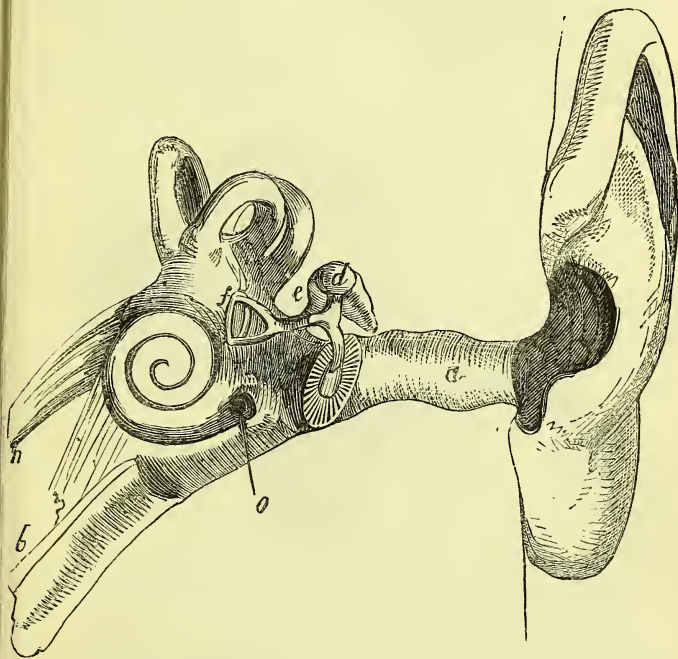


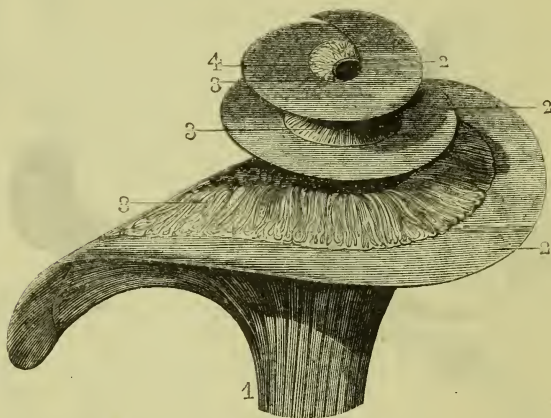
Fig. 435.

called the *Eustachian tube*, opening into the pharynx, and forming part of the respiratory passages behind the mouth. Without such a means of keeping the cavity supplied with air, having a pressure always equal to that of the atmosphere, one or other of two injuries must have ensued; either the air in the cavity, having a temperature considerably above that of the external air, would acquire a proportionally increased pressure, which would give undue tension to the membrane of the tympanum, and perhaps rupture it, or the air confined in the cavity would be gradually absorbed by its walls, and would consequently be rarefied, in which case the pressure of the external atmosphere being greater than that of the air in the cavity, would force the membrane of the tympanum inward, and ultimately break it. By means of the Eustachian tube, however, a permanent equilibrium is maintained between the air in the

cavity and the external air, just as is the case in a drum, or in the sounding board of a musical instrument, where apertures are always provided to form a free communication with the external air.

In the inner wall of this cavity there are two principal foramina, a greater and a lesser; the former being called, from its oval shape, the *fenestra ovalis*, and the latter the *fenestra rotunda*; the former is shown at *f*, in Fig. 435, and the latter at *o*. Over both of these elastic membranes are tightly stretched, as the membrane of the tympanum is over the inner end of the external meatus.

Between the membrane of the tympanum and the membrane of the fenestra ovalis there is a chain, consisting of three, and in the young of four, small bones articulated together, and moved by



PERSPECTIVE VIEW OF THE SPIRAL LAMINA, WITH THE FILA-
MENTS OF THE AUDITORY NERVE UPON IT, DIVESTED OF
THE COCHLEA.—Sappey.

muscles having their origin in the bones which form the walls of the cavity.

The Internal Ear.—We now come to consider the internal ear, which is, in fact, the true and only organ of the sense of hearing, the external and middle ears being merely accessories by which the sonorous undulations are propagated to the fluids included in the cavities of the internal ear.

The internal ear is a most curious and, as it must be acknowledged, unintelligible organ, also called, from its complicated structure, the *labyrinth*. Its channels and cavities are curved and excavated in the hardest mass of bone found in the whole body, called the *petrous*, or bony part of the skull.

Within the three semicircular canals are included flexible membranous tubes of the same form, called the *membranous canals*. These include within them the branches of the auditory nerve, which pass through the semicircular canals, and they are distended by a specific liquid called *endolymph*, in which the

nervous fibres are bathed. The bony canals around these membranous canals are filled with another liquid, called *perilymph*, which also fills the cavities of the vestibule and the cochlea. It appears, therefore, that all the cavities of the internal ear are filled with liquid, and it must, accordingly, be by this liquid that the sonorous undulations are propagated to the fibres of the auditory nerves. The liquid being incompressible, the pulsations imparted either by the auricular chain of bones, or by the air included in the cavity of the middle ear, or by both of these, to the membranes which cover the fenestra ovalis and the fenestra rotunda, are received by the liquid perilymph within these membranes, and propagated by it and the endolymph to the various fibres of the auditory nerve.

TOOTHACHE.—If the teeth be decayed, extraction is the only cure; but if the cause be rheumatism, hold tepid water in the mouth until it begins to grow warm, then change it; at the same time, the face, cheeks, neck, and parts behind the ears should be rubbed vigorously with the hand and cold water, frequently dipping the hands into the water. It is well also to rub the gums till they bleed. Cold foot baths and hand baths will also be found useful, as will packing the face also with wet and dry calico, and plenty of flannel; but it is only wasting time to try any other plan than extraction, if there is decay in the teeth, as the pain keeps up an irritation of the whole nervous system, to the great injury of the health; serious and protracted illness we have often seen to be the result of not having resolution to have the tooth or teeth extracted at once.

SCROFULA CASES.—Where there are any affected parts which can be immersed, attend to 148, putting a little meal into it, and do it from two to three hours at a time; when not in treatment, keep wet wash-leather all over part, and flannel bandages over, always renewing the wet leather whenever at all dry. After the above process has removed the inflammation, then the No. 118 once a day, alternate with 148, and gradually take the 118 alone twice a day. Give general constitutional treatment during this local treatment.

TOE-NAILS grown in are often a cause of disease, not easily cured by the ordinary means used. We find them soon cured by steeping first in hot soap-suds twenty minutes; then cut the corner off the nail, and keep the end of the nail cut square. Put on a bit of wet linen and oil silk while any inflammation.

CHAPPED, SORE, OR ROUGH HANDS will be cured by persisting in the use of the means recommended in Bath list No. 192. It is of consequence the hands should be kept covered with the damp gloves night and day till well.

RINGWORM is a skin disease. Keep the parts affected damp by wearing a piece of wetted spongio piline over them, or wetted calico, spongio over; general treatment as follows:—On rising, have No. 13; and afterwards a shallow, 80 degrees; or sponge over; or No. 14. Forenoon; well soap the head with hot soap and water, and then sponge, or pour over it tepid water. Afternoon, or bedtime: a gentle vapour bath, and tepid shallow; or sponge over; or tepid dripping sheet after foment pack. If the parts affected are well soaped over every time the spongio is damped, will accelerate the cure. Wear the wet body bandage, No. 163,

during the night, and a dry flannel during the day; abstain from all stimulants, and from flesh-meat or coffee until well.

ITCH.—This troublesome disease is soonest cured by the application of sulphur ointment all over the body, and before it is renewed have a thorough hot soaping with common yellow soap; about two dressings are sufficient, and any druggist will supply the ointment: the disease is easily communicated by the living animalculi, which burrow under the skin. When the itch is removed, vapour baths, spirit lamp, a hot soaping shallow, will prevent a return; care should be taken to have any garments worn thoroughly purified.

COLD FEET.—An invariably successful and perfectly safe remedy in all cases is to put on a pair of cotton socks, wrung out of cold or tepid water, with a pair of thick lamb's wool over, and to sleep in them. Wash the feet in cold or tepid water on rising. We also apply cotton gloves wrung out of water, with dry woollen ones over, and in some cases wear them night and day; they draw circulation to the hands, to the relief of other parts. (192 to 195, Bath list.)

BACK WASH.—The person sits on a board across the sitz bath, or a tub, in which is some cold water; the attendant takes a towel, dips it in the water, and throws it open on the shoulders and back, drawing it downwards, and keeps renewing it in the water; apply this for two or three minutes. It is very strengthening and refreshing to the back, and a very mild application; and in cases of head affection, have the feet in hot mustard and water. (See Bath list, 120, 121.)

BODY BANDAGE OR WET COMPRESS.—This is our sheet anchor in most cases of disease, and also for ordinary slight affections of the stomach, bowels, or kidneys. For those in ordinary health, it may be worn or thrown off at pleasure without any risk of cold. It will keep up vital heat in the body when lowered with fatigue; or, in case of having fatigue to go through, it will be found highly useful and always safe to use. (See Bath list, 163, 168 $\frac{3}{4}$, 174, 174 flannel ends.)

TENDER FEET.—Put feet in warm meal and water for ten or twenty minutes, several times per day; then use 195 Bath list every night.

SWEATING FEET are cured by frequently washing the feet in warm soap and water, and at night sleeping in cotton socks wrung out of tepid water, and woollen socks over them.

The many deaths of apparently stout persons from inflammation or fever is owing to the inefficacy of any allopathic means to restore circulation. Purgatives and blisters only further lower the nervous vitality, and tonics only stimulate to cause loss of power by reaction. The mischief is sometimes warded off, but always at the expense of the constitution.

Case No. 1.—Gentleman, apparently stout, age fifty, but from over-brainwork and severe family afflictions highly nervous, and sensitive to cold, even in summer; ringing sound in the ears almost constant, head stuffed, and a fetid discharge from the nose; all owing to brain irritation, aggravated by the common fallacy of the necessity of keeping the bowels open. This keeping the bowels open is a fallacious doctrine, that lays the foundation of disease in thousands; and, from being one of the cardinal principles of the medical profession, it is not surprising the public are of the same

opinion. If the bowels were of the same material as copper or lead pipes, there would be sound reasons for scouring them often; but as they have a mucous internal coating, to perform important offices in protecting the absorbents, blood-vessels, and nerves, it is very unadvisable to scour this away. I feel I cannot say too much to caution persons against using any aperients of any kind. We never use the slightest aperient of any nature, and never fail to get natural action of the bowels. Why do not the medical profession adopt similar plans? Ours are always successful, theirs never, in bringing on and establishing natural action. This patient only stayed a fortnight at my establishment; when he came, water at 80 degrees gave him a shock; he soon bore the water colder, and got a deal of important information for his future guidance in diet, clothing, and habits of life. He informs me he is recovering his former good health.

APOPLEXY.—This is a formidable, and often fatal disease, to which all who indulge in intoxicating liquors, high feeding, and indolent habits, are liable. The doctor frequently wards off the blow for a time, where he is at hand to apply to, by administering his purgatives, and using the lancet and leeches, but which remedies nevertheless ultimately shorten life; and unless such subjects give up all stimulants, and live plainly, and take proper exercise, the result will, eventually, be ruinous to the frame. I have personally known not a few who have suddenly passed into eternity by this disease, and who had warning after warning, which, if attended to, would have saved their lives. But no, they trusted to the doctor's skill, and to his nostrums, to enable them to live in defiance of Nature's laws. The bleeding and physic make sure work with the body sooner or later, according to the frequency of their application, and according to the speed the patient lives. The burden of all my subjects in this little work must be, again and again, "Sow not to the flesh," for if we do, we shall most assuredly reap corruption, and, may be, everlasting ruin and misery. But numbers will be led to the slaughter, and for what? For sensual gratification, which can only leave regret behind. The subject is of great importance to many preparing themselves for this disease, by indulging in what is improperly termed good living, *i.e.*, excess in eating and drinking, especially at Christmas, and other times of feasting which regularly come round, and where many inventions to torture the stomach for the gratification of the palate are brought on the table, and it is not considered good manners to refuse to partake of what has cost the host so much money. I think it best first to give the following quotation from one of the standard authorities, showing the nature prevalence, causes, and effects of apoplexy, and then to add remarks from my own experience of not a few cases which have come under my observation. Dr. Hooper, in his celebrated work, "Lexicon Medicum, or Medical Dictionary," says, "Apoplexy, from the Greek, '*I strike or astound*,' so called from the sudden and violent invasion of the disease. A sudden abolition, or great diminution, of the powers of sense and voluntary motion, the patient lying in a sleep-like state; the action of the heart continuing, as well as the respiration, which is often accompanied with a stertorous sound. The fit of apoplexy is frequently attended with convulsions of one side of the body and paralysis of

the other. The disease has also been called *Morbus attonitus*; *Attonitus stupor*; *Sideratio*."

Dr. Hooper says, "The predisposing causes of apoplexy are in general such as impair the energy of the brain, or occasion too great a determination of blood to the head, or impede the return of blood from the head. Plethoric, corpulent persons, with a short thick neck, are very liable to apoplexy. Excess in drinking is one of the most frequent predisposing causes."

After he has stated that the predisposing causes of apoplexy are in general such as impair the energy of the brain, and cause determination of blood to the head, he goes on to describe his remedies, which are precisely what ordinary observers would think likely to aggravate those causes by lowering the vital energy, as will be seen from what he proposes in the following quotation from his *Medical Lexicon*, and which is the standard and only authorised system recognised by the College of Physicians. The doctor says, "In the treatment of apoplexy, if we be consulted during the existence of the precursory symptoms which have been noticed as frequently taking place, we shall often be able to ward off a paroxysm by bleeding, purgatives, perfect quiet, and, in the sthenic variety, a reducing regimen. Where, however, the state of the pulse, and other symptoms, give proof of weak vascular action and nervous debility, depletion should be practised with caution; and purgatives will often be found preferable to blood-letting. Yet, whatever be the degrees of debility, if there be drowsiness, vertigo, and a dull pain in the head, we must have recourse to bleeding, either local or general; for such symptoms will assuredly lead to a fit, unless timely subdued."—Hooper, page 155.

Now from his language he is evidently afraid that the weak vascular action and nervous debility may not bear bleeding, so he recommends scouring the poor bowels, and forcing their delicate absorbents to take up his aloes and calomel, and carry such stuff into the circulation, instead of some natural aliment. Bleeding and purgatives to prevent a disease, which the faculty says comes on from want of vital power in the vessels to propel their contents easily and freely! Surely it is to be hoped they will discover some method of prevention and cure more in harmony with common sense. Bleeding and purgatives never can give nutrition or vital power; yet vital power is according to their wants. To avert these calamities is directly contrary, but they lower and extinguish it. They do not assert that there is too much blood in the body, but that it is determined in the excess to certain weak vessels. Now, instead of drawing blood by cupping, leeches, &c., from those weak vessels, which must necessarily, as the circulation goes on, be surcharged again, as soon as the viscera can manufacture more, and thereby leave the cause of disease in action, we endeavour to divert this excess of blood to other parts of the body, and to keep up a continued determination to those other parts until, by more natural living, the whole circulation is regulated, and the relaxed veins in the brain have had time for recovery. These vessels have long previous to the attack had an unnatural pressure upon them, either from lowered vitality, especially congestion of the liver, and consequent constipation, but purgatives are sinuous, or by want of exercising the

frame, or indulgence in bad propensities, which has prevented free circulation of blood through the brain, and hence pressure and often rupture of some veins.

Lowering the vitality, or the electricity in the nutritive nerves, by which alone every artery or vein propels its contents forward, must, on the slightest reflection, independent of prejudice, appear the most unlikely treatment to succeed in restoring. Nature's laws have been by some means outraged by the subject of the attack, and it is only by acting on this consideration, and returning to the strictest course of living those laws demand, which is so highly necessary to the brain, that any material or permanent restoration of the proper circulation can on sound principle be expected; for the blood-vessels in that part have not the capabilities of extension as in other parts of the body, where they may be greatly distended without danger to life, or even much inconvenience. The least pressure in the brain is felt, and if any of the minute and delicate veins are from this pressure ruptured, apoplexy and paralysis are the certain consequences, more or less. I wish to caution persons, however, from being alarmed at headaches, for if they are not living in any excess, and have not good digestion, the greater probability is that the cause of their uncomfortable feelings in the head proceeds from nervous sympathy of that part with the stomach. I have seen most distressing cases of headache and heaviness there cured entirely when the stomach has been put right. The person's course of life is the guide to judge if there is danger of apoplexy.

Non-professional and non-medical writer as I am, I have since I searched into the principles of the nature and action of the human frame, been much struck with the great disregard and non-acknowledgment of some of the fundamental laws of existence by medical men in their ordinary practice of physic, in attempting to cure or alleviate the diseases of the frame. The wonderful discovery that the life of the body, and all its functions and powers of nutrition, depend, under God, entirely on the vitality and electricity of the nervous fluid, nervous power, *vis vitæ*, or power of life, or whatever the life in the body is, or can be described by, in the ganglionic or organic nerves, is as established and undisputed a fact as the circulation of the blood. I have frequently noticed this in this work, and it is a consideration that cannot be too much kept in view in all attempts either to keep the body in health or to cure disease; for it is an incontrovertible fact that on the *vis vitæ*, or electricity of the organic nerves, depends the life of the body, and the power of adding to the muscular tissue, out of the blood. The functions of the liver, the kidneys, and, in fact, every principle or minute action of the body, in regard to life and nutrition, depends on the vitality of these nerves, which carry their nervous fluid or electricity into every minute part of the frame, and by that electricity the organised body lives; only lower this to a degree, and the life is quenched as effectually as the light from a taper when it is blown out.

This fundamental law, once discovered and proved true, as it long has been by Sir Charles Bell, and others who have made such important discoveries in physiology, so greatly beyond the discoveries of ancient physicians; ordinary observers might

naturally suppose such would be the fundamental principle on which medical men would always and at all times act. They acknowledge it in cases of severe injury. They refuse to operate with the knife when this power is evidently very low. They have little hope of what is termed a constitutionally nervous subject getting through a severe operation. They have little hope of a patient rallying when they see this nervous power all but extinguished. The difference between the flesh and the bone of the weakly or nervous patient and that of a strong person is not regarded. The consideration with the doctor is not whether the fibre of one body is finer or coarser than another—no, he looks at the amount of *life* it contains; and that governs his hopes or his fears for the restoration of his patient.

It is true some are scrofulous, and have impure flesh; and he will tell you these patients are bad subjects for operations; they make bad blood and bad tissue. Ask him why, and he tells you (if he knows his profession) that there is a want of vital power in these subjects to properly assimilate the food,—to expel morbid matter,—to vigorously renew the worn-out tissue,—in short, to give life to the frame. All his arguments end in the acknowledgment that it is not the want of more flesh, or of a different texture, but of *life* in it,—that is, the nervous fluid,—the electricity by which the body exists;—all else is mere gas and water, and silica and salts, held together by this wonderful *vis vitæ*, or nervous fluid. A patient has just arrived on the verge of an attack of apoplexy, who was secure from seizure after he entered my establishment, because we set to work immediately to stop the causes of the symptoms, and by determining the blood to other parts of the frame by our fomentations, bandages, sitz baths, foot baths, &c., and regulating his diet. He had been what is called a regular man, I believe, addicted to no excesses, of fully formed frame, and apparently healthy looking. He had erred simply from want of knowledge of the true conditions of health and life; and this information is just what I hope my book will give to numbers, and save them suffering misery and premature death. This patient had taken flesh-meat in moderation three times a day, his glass or two of ale at dinner, and the same at supper, with a glass of wine occasionally, and now and then a glass of spirit and water, and cigar. He is not a man of an excitable temperament, and to all appearance would be supposed to enjoy good health.

He came with a friend to my establishment, without any intention of staying on his own account; but he said he was troubled with an uncomfortable feeling in his head, which had been coming on some time. I soon convinced him he had no time to lose in avoiding an attack of apoplexy. This regular man had no conception that his regular habits could possibly be dangerous to life, but, as Dr. Cheyne justly observes, "The daily use of wine or spirits will lead a man of a certain age and constitution to apoplexy as certain as habitual intoxication." * Plethoric corpulent persons, with thick short necks, are looked upon generally as the only subjects likely for apoplexy. This, as medical men know, is an error, as apoplexy occurs in spare persons and persons

* Hooper's "Medical Dictionary," p. 152.

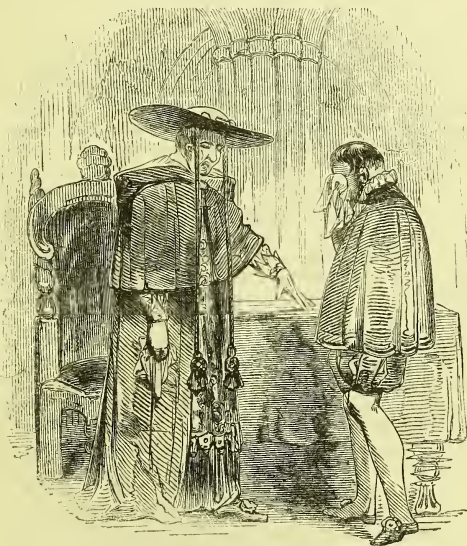
of delicate habits, from absolute weakness of the vessels in the brain, and from another frequent cause, and that is hypertrophy. Dr. Hope, in his work on diseases of the heart, says, "Eight or nine cases of suddenly fatal apoplexy, and numerous cases of palsy from hypertrophy, have within a few years fallen under my observation. In the majority of them, the patient exhibited what is commonly called the 'apoplectic constitution;' that is, a robust conformation, a plethoric habit, and a florid complexion; in others these characteristics were absent; but the total number of the cases of apoplexy from hypertrophy is much greater than I have witnessed, during the same period of apoplexy from causes independent of hypertrophy." So that whatever makes imperfect or morbid tissue tends to this disease. Hypertrophy, from the Greek "above" and "nutrition," describes a morbid increase of any organ without change in the nature of its substance, arising from an excessive nutrition in some particular part. All these dissertations on the nature, symptoms, and effects of disease, by such authorities as I quote, lead me to reiterate the advice to study the natural conditions of health, and obey them without regard to the cravings of the body.

Apoplexy is more frequent in males than in females, owing principally to the less power of heart action; for when there is congestion of the liver, &c., in females, the delicate tissues of the lungs and air-vessels give way sooner than the tissues in the brain. Treatment for apoplexy, or to avoid it, is the use of our means to get good action of the liver by our 48, and of the bowels by our 78½ on 233 wetted in night, our 234 in day; or 163, 174, if others too hot, or °236 all sprinkled slightly with water; 220 sprinkled with chillies under 163, with 169½ in night good. To produce action of bowels and liver, 59 occasionally, and "Home Treatment" 92 good; 115, 115½, 137, 157, all to determine blood from the head. Very abstemious diet, little sugar, no suppers, no stimulants or tobacco; purgatives destructive; sea bathing or any plunge baths or Turkish baths highly dangerous. Very few poor men are subject to apoplexy; poverty saves them, except when they get drunk, and get tobacco. p. 284,

I give further on a few out of the many thousands of cases whose lives, or limbs, or reason have been preserved by our treatment the last twenty years, having had up to this date, March, 1872, upwards of 25,000 patients at Matlock Bank and Lea Mills Hospital. Without the least intention, or idea what our first action in this work would lead to, it grew on our hands; and when we tried to get out of it, as we did several times, from feeling the overwhelming nature of the work in mental anxiety and personal exertion, our way to decline it appeared stopped, without resolutely resisting the appeals from our suffering fellow-creatures, to whom we saw we could be of service; and so the work increased, necessitating our giving up all social visits, or rarely having friends at our home, or taking recreation of any kind, never having been absent for a day from our work for many years together. But the result has not disappointed us; success in service to our fellow-creatures has been unbounded, and in more cases than we can call to mind, when life has been apparently hopeless, or reason on the brink of ruin, we have seen perfect restoration to health and strength of mind and body, and in no instance have we to regret

having used means which were mistaken or injurious, for in the most desperate cases we can always be certain of giving relief without risk of injury, where restoration was impossible; and in dying cases, we have the most gratifying recollection of having saved numbers from a painful death, but on the contrary witnessed the happy and easy departure of the spirit from the earthly tabernacle. I published a pamphlet of 90 pages on my first turning my attention to the practice at my hospital, Lea Mills, and shortly after Mr. John Gregory, of Chatsworth, came to me at Lea Mills, and requested me to take charge of him. He had had a stroke of apoplexy, followed by paralysis of one side, and was in a pitiable condition—brain congested, face drawn, and almost helpless. I said I was astonished he should think of coming to me, a manufacturer, in such a state, and that it was a case far too serious for me to undertake. He said he had read my little pamphlet, and was so convinced of its sound reasoning, that he was quite determined not to apply to any doctor, and that I must take pity on his terrible misfortune. I could not resist his appeal. I began to treat him on the principles I state in my tract, first premising that the attack had come on from congestion, not of the brain, as would be pronounced by any medical man; but that being a stout man, with strong heart action, congestion of the liver was the real cause of his attack. The strong heart action was against life in such a case, instead of being in his favour, as would be commonly supposed, for the strong action of the heart not being able to overcome the congestion of the liver, the weakest part gave way, and that in his case was the delicate tissues and capillaries in the brain; hence effusion on the brain, causing apoplexy and paralysis. If he had been a delicate man, with weak lungs, hemorrhage would have taken place, and saved him from apoplexy, to die probably of consumption. A late friend of mine, just as thousands are, was destroyed from his medical adviser taking a false view of such cases. Congestion of the liver brought on pressure on the brain, and instead of bringing more vital action to the liver, the kidneys, and the bowels, applied purgatives, then leeches and blisters, seton, cupping, &c., to the nape of his neck, when, in fact, there was no disease in his brain, but the heart going on pumping arterial blood incessantly, and finding obstructions, the weakest part gave way, and after several fits death was the result. We do not hear of delicate or weakly subjects having apoplexy. In Mr. Gregory's case I gave the most gentle treatment, to prevent the lesions in the brain being reopened, as death would instantly have ensued if that had been produced. The feet in hot mustard and water, with a pad wrung out of hot water to stomach and liver, to determine blood there, with a soaping over at 90 degrees, was our first operation; then our various treatment, as in Bath list, 48, 143—50, 141—70 $\frac{3}{4}$, 115 $\frac{3}{4}$, 115 $\frac{1}{2}$, 137—163. 220 before and behind, sprinkled with chillies, with 169 $\frac{1}{4}$ over in night, 234 day, 215, 194, 159: Diet, 208. The result was perfect restoration to sound health, and the full use of his limbs. Nearly the same time an officer of Engineers from Bermuda, invalided for terrible tic douloureux, which he had had twenty years, till life was intolerable, called upon me. I took him into our house, and he was cured in two months. The Government Inspector of Fisheries from Wick, N.B., came in the last stage of bronchitis. I hesitated, and began to be alarmed at

the notoriety my little tract had brought upon me, but I kept him, and in two months he returned a sound man; and thus I went on till I bought a small house at Matlock Bank, with the intention of accommodating five or six patients at most, but success in every case rapidly brought cases, till I was at a loss what course to take. I tried to get a hydropathic practitioner to undertake the work, but the system I acted upon was so new that several I tried, not being able to throw aside their ideas of cold water treatment, and take a proper physiological view of cases, failed. Ladies began to come, and with great difficulty I persuaded my wife to undertake them. She was frightened at the responsibility, but when I persuaded her to study the laws of the life of the body, and gave her the same grounds for action as I acted upon, she soon got into the work—a work that, although giving her unbounded pleasure, bound her to incessant work and great anxiety. Life, however, must be spent, and if spent as Shakespeare puts into the mouth of Cardinal Wolsey, when addressing Cromwell, the Chancellor, to live for a right purpose, all will be well when the close of our career comes.



FALLING GREATNESS.

Nay, then, farewell!
 I have touch'd the highest point of all my greatness,
 And, from that full meridian of my glory,
 I haste now to my setting: I shall fall
 Like a bright exhalation in the evening,
 And no man see me more.
 Cromwell, I did not think to shed a tear
 In all my miseries: but thou hast forced me
 Out of thy honest truth to play the woman.
 Let's dry our eyes: and thus far hear me, Cromwell;

And,—when I am forgotten, as I shall be,
 And sleep in dull cold marble, where no mention
 Of me more must be heard of,—say I taught thee;
 Say, Wolsey, that once trod the ways of glory,
 And sounded all the depths and shoals of honour,—
 Found thee a way, out of his wreck, to rise in;
 A sure and safe one, though thy master miss'd it.
 Mark but my fall, and that that ruin'd me.
 Cromwell, I charge thee, fling away ambition;
 By that sin fell the angels: how can man, then,
 The image of his Maker, hope to win by't?

Love thyself last; cherish those hearts that hate thee:

Corruption wins not more than honesty.

Still in thy right hand carry gentle peace,

To silence envious tongues. Be just, and fear not:

Let all the ends thou aim'st at be thy country's,

Thy God's, and truth's! then, if thou fall'st, O Cromwell,

Thou fall'st a blessed martyr.

PARALYSIS, from the Greek, "I loosen, or weaken." "A disease known by a loss or diminution of the power of voluntary motion;" so says Dr. Hooper in his "Medical Dictionary." He also says, "it may be occasioned by an attack of apoplexy." It may be occasioned by anything that prevents the flow of the nervous matter from the brain into the organs of motion. He says, "the long-continued use of sedatives will produce palsy, and whatever tends to relax and enervate the system may likewise prove an occasional cause of this disease:" yet he recommends bleeding, blistering, and active purges; also, that "certain narcotic substances have been found occasionally successful, as aconite, arnica, toxicodendron, nux vomica, and opium!" Now, it is well known that narcotics, and purges, and bleeding, and blistering will not restore the power of nutrition, and yet, in face of this forced acknowledgment of Nature's fundamental laws, doctors persevere in tapping the veins and letting out the vital fluid, and punishing the already sinking stomach and bowels by what is utterly opposed to nutrition, in the form of physic. One such case has just been at my establishment; a gentleman fifty years of age, of sedentary habits, a tobacco-smoker, taking his allowance of stout and bitter ale, with flesh-meat two or three times a day, besides a moderate quantity of wine, regular in his attendance at his office in London, taking purgatives when his bowels would not act, to force them to do so; then by his doctor's advice taking a little sedative mixture when his overworked brain would not allow him to sleep well, here a pabulum and there a nostrum, and these were to stifle every complaint which poor Nature was making of the unnatural way in which she was being treated and doctored by the medical attendants of the patient, and afterwards by some of the first in the profession, until she could bear it no longer; for the sedatives, the purgatives, the lancet, and the leeches brought the poor patient into such an inanimate and lethargic state, with the partial loss of some of his limbs, and total inability to bear any mental work, that he was all but permanently asleep. When this climax was attained by the usual legitimate process of the profession, the patient applied to an M.D., one of the very first in London, and the following is his nostrum for raising the vis vita of failing nature:—

[COPY.] White vitriol, half dr. Extract of camomile, sufficient quantity to make twenty pills. Take one three times a day.—Tincture of valerian volatile, two oz. Camphor mixture, four oz. Take one small tablespoonful in a cup of water, with one of the pills as above.

This prescription was used a short time, but not accomplishing the end in view, was laid aside for the following :—

Calomel, one gr. Blue pill, two gr. Compound extract of colocynth, six gr. Extract of henbane, one gr. Mix in two pills, and take them at bedtime.—Infusion of senna, nine gr. Tincture of senna, two dr. Tartrate of potash, half dr. Manna, quarter oz. Spirits of nutmeg, one dr. Mix, for a draught to be taken in the morning.

This again gave neither new life nor vigour to the patient, and the following was substituted, which proved just as useless :—

Citrate of iron, two dr. Distilled water and spirits of nutmeg, each one and a half oz. Mix them, add simple syrup, one and a half oz. Take one table-spoonful in a cup of camphor water twice a day.—Extract of aloes, eight or twelve gr. Powdered ipecacuanaha, two gr. Soap, twelve gr. Mix in twelve pills. Take one at bedtime.

This, being only a repetition of the former drug practice, made matters no better. When he came to me, he had such an amount of pressure on the brain, and was so sensitive to cold, with almost total constipation of the bowels from the long use of the “ beautiful ” and nice tasted sedative mixtures having by long use done their legitimate work so effectually, that he could not bear washing over in water under ninety deg. A few weeks’ gentle fomentation to the stomach and bowels, tepid wash, with our soothing bandages, simple diet, fine air and water, and cheerful society, soon told beneficially on the grateful frame ; but the poor patient is a wreck, and will never be restored to anything like sound health again. If he had had advice early, to obey the natural conditions of health, eating and drinking to live, and not living to eat and drink, and sleep, he would not have now been a burden to his relatives and himself too, and a hopeless case of restoration.

I hope to be of far more use in preventing disease than in curing it, and especially in such serious maladies as apoplexy and paralysis, which in most cases are not entirely curable, by pointing out the wisdom and duty of making the appetites subservient to the welfare of the body, a principle which too many have regretted they did not adopt before they were compelled to do so by their inability any longer to satisfy them.

Paralysis can only take place from the lowered vitality of the frame, or of the electricity in the nerves of nutrition and motion, commonly called ganglionic, or organic, by which the nutrition and functions of the whole body are maintained and governed. The will of the paralytic is precisely the same in force as before the attack. The mind sends its messages for action from the nervous centres in the base of the brain, through the medulla oblongata at the top of the spine, by its telegraph wires (the nerves), but when they come to some part of the body where the motive nerves have been by various means deprived of healthy vitality, the nerves of motion (which take their rise as before

stated in the spinal marrow, as shown by the engravings) will not respond to the stimulus of the nerves of sensation. The paralytic has often feeling in the affected parts, but cannot move them. There the nerves of sensation are perfect, but they are unable to stimulate the nerves of motion to act. In other cases there is neither feeling nor ability to move. Here the nerves of motion and the nerves of sensation, which always accompany each other, are both deprived of vitality; hence the incapacity for either motion or feeling. The power of expelling or retaining the fæces and the urine often also participates in the calamity, and renders the retention of them either imperfect or impossible. I have often been told by my patients that they have hereditary tendency to paralysis. It is not an hereditary disease only so far as inheriting a weakly constitution. But a weakly constitution, by a strict adherence to the natural conditions of health, and if kept also from the vitiating effects of improper stimulating food, liquids, over-study, debasing passions, and the destructive influence of tobacco, snuff, opium, &c., will be free from any hereditary tendency to paralysis. In another place I refer to a lecture by Mr. Jolly, of King's College, on the tendency of tobacco to produce paralysis; apoplexy, loss of the use of limbs, madness, and suicide are very often the dreadful consequences of these excesses. I have had the great gratification of seeing not a few, who were all but wrecks from this cause, entirely restored by our mild system, and having a knowledge how to live in future.

Nature does not always take the body by surprise; for on questioning persons afflicted with paralysis, I have often discovered that they have had repeated warning of their attacks in different ways. As the stomach rejects food when it has been outraged by bad diet, or other causes, and thereby gives unmistakable warning of the existing mischief and inability to perform its office, so flying aches and pains in the limbs, local numbness, cramp, coldness of some part, inability sometimes to lift weights from the weakness in the arms, cold shivers down the spine (which, as I have previously remarked, is the centre of motive and sensitive power), giddiness, oppression in the head, &c. When these symptoms do not actually incapacitate individuals for their usual avocations, they are often thought little of until they become urgent, or are attributed to rheumatism—that, to the multitude, undefinable term for many ailments. Whenever a person experiences the warnings I state above, they should at once study how they can improve their general health; and this can only be soundly done by strict attention to the natural laws of healthy condition of the body. Long before paralysis comes on, the tongue will be red, swollen, and often cracked, and white on the surface, red on the sides. When this is the case, serious mischief to the whole frame is threatened, and must inevitably be the result if the causes are not removed. Our bodies, however, are not quite so frail that the derangement of some part or organ will always produce fatal effects. Though it is well for persons to understand their frame, I would caution them from continually studying symptoms of disease; as the mind, by continually dwelling upon such subjects, will often induce disease.

How many watch as anxiously for a motion of the bowels as

they look for their dinner, and think that the daily recurrence of the one is as necessary for their existence as the other. The keeping up this mental agitation weakens the very nerves and organs they are so anxious to have in good order to act well. But some go to the other extreme, and take no notice of Nature's hints until actual disease has set in. Business or pleasure cannot be interrupted; but Nature has borne the transgression of her laws as long as there was power in the body to resist, and there is a line beyond which the strongest constitution cannot go with impunity; for although we do not live in glass houses we do not live in cast-iron ones. I have not unfrequently had patients who have said that they have had white or furred tongues all their lives, or for ten or twenty years, and that there was no chance of that being cured; and although they have not had good health, yet they have not thought much of it. But I have said, "What, then, has brought you here? for persons don't come to have the water treatment and leave their business occupations for amusement." I have to point to their inability to sleep, to constipation, to rheumatic pains, to their yellow complexions and harassed countenances, and to their having tried for many years to get into a sound state of health by doctors' prescriptions, all without success. They come, in fact, just when Nature has given some of her last warnings; and instead of punishing the body by the unnatural means of physic, blistering, &c., I immediately see in what way we can soothe the outraged frame, and coax it into good humour again, by attending to the fundamental laws of health. And the instances are rare in which we find the appeal, by these means, to be entirely in vain.

Paralysis proceeding from apoplexy is the most serious, because there is then mischief in the very centre of consciousness, and generally rupture of some of the fine blood-vessels in the brain (see Apoplexy). Simple paralysis of some local part, as the arms or the legs, without any affection in the head, may be cured. In the spinal marrow, as before observed, the nerves of motion and sensation have their origin. These nerves may be slightly affected by accident, or simply by want of vital power, which is most commonly the case when there has been no affection of the head; and then by judicious bathing, diet, and changed habits, new life is generated, and the nerves recover their original powers. Here our practice of spinal rubbings, cold back wash, cold dripping sheets, steamers, with cold shallow baths, or cold sheet after, cold or tepid sitz baths, fomentations back and front, with dripping sheet after; wet pack if there is vitality sufficient, dry rubbing, wearing wet body bandage, with our plain nutritive diet, and no stimulants, are such safe, natural, and effective remedies. The treatment must be proportioned to the strength of the patient; and if in cold weather, or in weakly cases, have the water 70 deg., instead of cold. The plain diet, as stated in this work, with good air and water, assist greatly to restore Nature's powers. Warmth is absolutely necessary in paralytic cases; good thick clothing if the weather is not warm; and all who can afford would do well to migrate to the warm climates of Exmouth, Torquay, or Penzance, for the winter and spring.

Palsy being paralysis, only in a different form, we treat in a similar manner—steam baths, bandages, packing; also bandaging

the limbs in No. 214. Spinal applications good, as Nos. 121, 112, 114; also 156. Dr. Hooper says of palsy:—

“When palsy attacks any vital part, such as the brain, heart, or lungs, it soon terminates fatally. When it arises as a consequence of apoplexy, it generally proves very difficult to cure. Paralytic affections of the lower extremities, ensuing from any injury done to the spinal marrow, by blows and other accidents, usually prove incurable. Palsy, although a dangerous disease in every instance, particularly at an advanced period of life, is sometimes removed by the occurrence of a diarrhœa or fever.

“The morbid appearances to be observed on dissections in palsy are various lesions of the brain and spinal cord, more frequently the former. When hemiplegia is a consequence of apoplexy, sanguineous effusion is generally found to have taken place in the brain on the side opposite to that which is paralysed.”

Treatment for paralysis—mostly spinal treatment, as 114, 112, 113, 128, 115, 115½, 115¾, 159—137, 157; and treatment to stimulate liver and bowels, 48—78½, 64—141—13, 10—14, 15—51—123, 124, 128—233 in night, 234 day; 220 sprinkled with chillies under 168¾ good. 214 to limbs, 44½, 141. No stimulants or medicine whatever; never mind inaction of bowels. Castor oil, or salts, or any purgatives destructive.

Matlock Bank, June 17th, 1857.

DEAR SIR,—I have great pleasure in writing you an account of my illness, and the remedies I have tried in mitigation of it. I was first struck with paralysis in 1851. Within two or three hours of my first attack, I sent for my usual medical attendant. He shortly called upon me, in company with Dr. —, his subsequent partner. Dr. — at that time bled me, and subsequently administered a cup to my neck, and afterwards applied a seton to the same. In about two months' time I went on a visit to a brother-in-law of mine, a medical man in —; with him I stayed a month or six weeks; and during that visit I twice went to town in my brother-in-law's company to consult the celebrated Dr. —, a physician said to be great in paralytic cases. He only advised me to take a quantity of blue pill, get a pony to ride on, and to take an enema once every morning. The blue pill soon lowered the system, and made riding unsafe; the enema brought only temporary relief. In 1853 I was again struck whilst attending at the assizes. I then got the assistance of a friend of mine in the neighbourhood for that night, and on my return home I got the assistance of a fresh surgeon, who attended me till my coming here. He had the assistance of Dr. —, a gentleman well known in —, who, among other things, advised me *not* to give up my snuff (four or five ounces per week), as giving it up at once, he said, had killed a Mr. —, a brother professional of mine.—I remain, dear Sir, yours truly,

P. T.

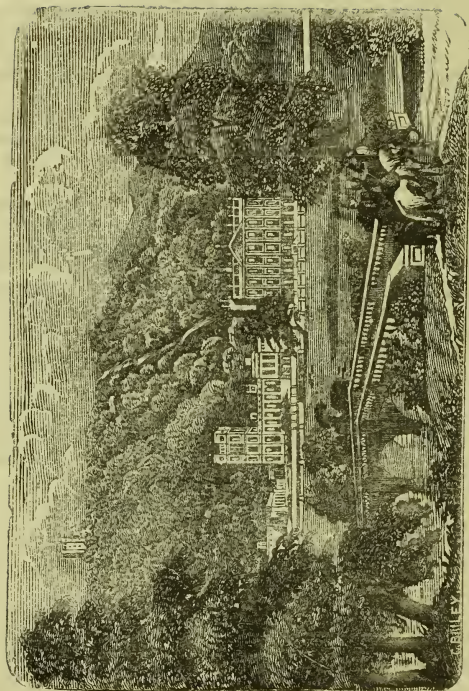
J. Smedley, Esq.

The physician referred to is one of the most celebrated discoverers of the nature, action, and reflex action of the nerves; and perhaps no man living is more thoroughly acquainted with the subject. How strange he could prescribe no more effectual remedies! He made little inquiry into the patient's habits, did not prohibit his taking snuff—a habit alone sufficient to induce paralysis—

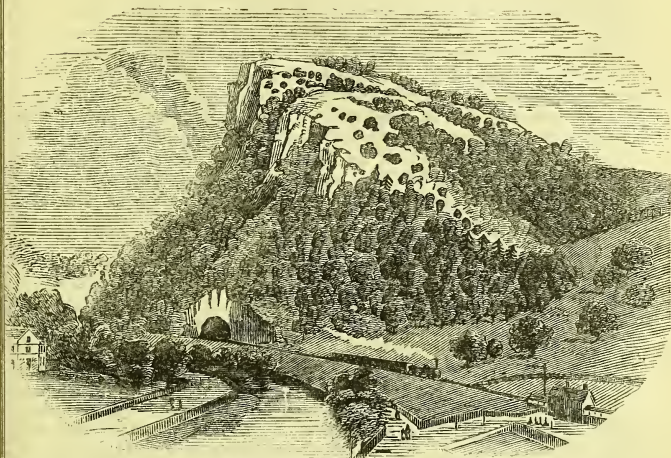
allowed stimulants, and failed in giving the least relief! Another physician advised the continuance of the use of snuff! The patient came in a deplorable state, unable to retain his urine, with his bowels constipated, and was deaf—all the result of the failure of nervous power, aggravated by the pernicious prescriptions of his doctors. He is now comparatively a new man, and will get quite well in every respect. All blistering, bleeding, setons, and purgatives tend not to strengthen and restore, but to weaken and irritate. The father of a boy afflicted with curvature and disease of the spine, with loss of the use of both legs, applied to me for advice. He stated his son had been under the care of several medical men, and in an infirmary, where issues were put in the poor creature's back; his sufferings became so intense the father removed him. From the first there could be no hope of restoration; and all the unnatural tortures of the nerves only aggravated the misery of the poor lad. How issues inserted along the spinal column, with all its delicate membranes and network of nerves, were to restore and give nutrition to the part, is past comprehension: but, in such way, thousands are ruined for life, or destroyed.

Case No. 17.—PARALYSIS.—The following case consulted me, and I gave him the prescription following the note:—"It is thirteen weeks since (*very unlooked-for on my part, as I am a thin, spare man*) I was seized with paralysis, from my hips downward; I could not pass urine; was obliged to send for a doctor, and had to use an instrument for six weeks. I do now without the instrument, but have no command over my urine. The lower part of my bowels are also affected, so that I am obliged to take strong purgatives to get action of the bowels. At the first both my legs were without motion (*never without sensation*); now my right-side leg is useless, except a little from the hip, but on my left leg I can bear a little weight, and can move any part of it at will, although it is very much benumbed, and always feels—as is the case with my back—a sensation as if cold water was being poured on them. I am as well otherwise as I have been for years; I think I eat with a better appetite than I did before I was seized. I have for many years been at out-door work." *Home Treatment*.—9, 7, 115, 115½, 115¾, 112, 113, 114, 120, 121, 18, 19, 157, 137, 123, 16½, 116, 83, 86.

An essential condition of health and safety with stout persons, or any having a tendency to apoplexy, is plenty of out-door exercise (see "Nature's Means of Stimulating Life," page 206). A friend of mine, with a Herculean frame, sober and regular in his habits, gave up his walks to his farm on the moors when he got to about sixty years of age, and amused himself with his conservatory. His usual good appetite continued. He lived, as he thought, regular and moderate, but the want of the fresh air and exercise brought on congestion of the liver, which brought in the doctor's calomel, blisters, cupping, and death, as a certain and natural result.



CHATSWORTH, THE SEAT OF THE DUKE OF DEVONSHIRE.



HIGH TOR TUNNEL, MATLOCK.

THE FOLLY AND MISCHIEF OF USING PURGATIVE MEDICINES.

BY A MEMBER OF THE ROYAL COLLEGE OF SURGEONS.

OH dear, man's bowels ! What a trouble his bowels are ! What an oversight of omniscience to have made man in such a way that he cannot get through life without being plagued by his bowels ! And that his palate, that apt appreciator of delicate flavour, should often be compelled most unwillingly to submit to be irritated and annoyed by disgusting compounds to regulate his bowels. Surely prescience and omniscience might have constructed man's frame that poor mortality could have passed through the world without the fearful probability of having life cut short unless he attend everlastingly to his bowels. Oh dear, man's bowels ! What a bother his bowels are !

Such has probably been the reasoning of many an invalid who, taught by the therapeutics of the old school of medicine to irritate his stomach by nauseous drugs, finds, alas ! to his disappointment, that his bowels, though drugged, are irregular still ; and that the object in view when submitting to drug action is as far from being attained as before its application. What folly to go on, then !

Still, if this unfortunate being can thoroughly believe the absurd and fast waning dogmas of medical teaching, he must be satisfied that he cannot more profitably employ either his money or his time than in daily attempts to regulate his bowels. Yet, so abominably capricious are those bowels, that if worked to-day by allopathic physic, it is a thousand to one that those obstinate and rebellious constituents of humanity will not wickedly, contun-

ciously, and as it were derisively, refuse to move on to-morrow, unless by having repeated a still stronger dose of some allopathic panacea for every ill—an aperient or purge. But it is a fact well known, that if we take from a practitioner of the old school of medicine *his purges, his lancets, and health-murdering mercury, we take from his art the chief means on which he can rely*; for of specific medicine, in its limited or more extended meaning, the allopathic practitioner is contented to know nothing. Hence his anxiety to retain as long as possible every stronghold he possesses over people's credulity. If he doubt the necessity for improvement in his calling, let him read the following testimony to its want from the greatest and best of European surgeons, the late Sir Astley Cooper.

Lecturing to the students of Guy's Hospital, he said:—"The treatment of disease is founded on two principles—namely, diminishing inflammation and producing a change in the action of the part. But let me observe to you that no greater folly or cruelty can be committed than that of giving mercury to effect this end. It is lamentable to reflect on the number of lives that must have been destroyed by phthisis and otherwise, in consequence of the imprudent exhibition of mercury. Look, gentlemen, at 100 patients who come into the Hospital with syphilis, &c. What is the miserable treatment of these patients? You are aware that I scarcely ever enter those wards of the Hospital. I will tell you why I do not enter them. I abstain from entering them because patients are compelled to undergo so infamous a system of treatment, that I cannot bear to witness it. To compel an unfortunate patient to undergo a course of mercury for disease which does not require it, is a proceeding that reflects disgrace and dishonour on the character of a medical institution. No consideration shall induce me to repress my feelings; and I do say that the present treatment of patients is infamous and disgraceful, for their health, perhaps, is irremediably destroyed."

Yet this salivating process, which Sir Astley described with such feelings of horror, is still pursued by the medical profession. Is it not, then, time that patients should look to the subject for themselves, and force practitioners to adopt a better mode? Let them think for a moment, what has given to the world the philosophy of those sages whom society recognises as her greatest worthies, but the inborn desire which those sages possessed of seeking to make human knowledge perfect, and then, as a consequence, *if mankind have the power or the wisdom to apply it*—human happiness greater.

The allopathic practitioner tries to persuade us that purgation is the condition that nature suggests and has instituted to remove constipation. But it is not so. Further acquaintance with the subject will teach him that it is not. Nature is uniform in all her actions, and her laws are as unchangeable as those of the Medes. She never antidotes one condition of system to make by doing so that condition of system worse. If she does it at all, she does it to make it better. But purgation by drastic drugs, though it removes constipation for a time, invariably makes that costive condition more confirmed than before. Seeing this to be the case, the practitioners of homœopathy and hydropathy endeavour to show the people who have so long been misled by the malpractice of the mischievous old school, the evils that result from allopathic

treatment, and the irrational basis on which it is founded. Foremost amongst these is the habit of giving drastic drugs to empty the bowels for every kind of ailment, and often for no ailment at all; but merely because the bowels are more confined than the faith of old physic imagines to be right.

Costiveness, it should be known, is not of itself a disease; but the result of an altered state, morbid or not, going on in the system. It accompanies diseases, and comes on in their progress, and may, or it may not, require medical interference. When it does require treatment, there are other indications to render it necessary. But that treatment does not consist in giving purgative medicines.

Purgatives, as is well known, have a specific action on particular parts of the intestinal channel. Thus, some act specially on the small intestines, while others expend the greater part of their power on the larger bowels. It is this specific action that often increases so much their injurious results. Let us hear the evidence of an eminent allopathic authority on the action of purgatives:—"One of our important steps has been to discover upon what particular portion of the intestinal canal, upon what tissues, and in what manner, each purgative medicine acts. It is not sufficient for us to know that the bowels are opened by one of these agents; we must be aware of the influence each produces. Thus magnesia, than which nothing is considered more simple, has been productive of fatal consequences from the ignorance with which it has been given. Masses of it, unchanged, have been found closely connected together in the bowels, or patches of the powder adhering with the utmost pertinacity to the coats of the intestines. After taking manna, particularly if much vegetable food has been eaten, dyspepsia of a most aggravated character is apt to occur, more especially in children; the quantity of flatulence produced has been a fearful evil, and the consequences alarming. Castor oil, if given under improper circumstances, will not only occasion excruciating tormina, but will be the cause of the expulsion of the mucus which lubricates and defends the bowels from injury. Many individuals have had to repent the folly of taking the different neutral salts. Diarrhœas, dysentery, and dropsy have supervened upon their use. Gamboge is, of all others, the most uncertain, and oftentimes the most pernicious. Its influence is principally exerted on the muscular fibre, and it is a most energetic engine of mischief. It has been known to produce intussusception, and in some of those instances that have come before the public of death produced by the violent action of pills on the intestinal canal, this drug has decidedly been the means employed. The good sense of the public has taught it to give up the constant employment of aloes, once the basis of every aperient pill, and gamboge, which is infinitely more pernicious, has been substituted; but of the two evils, the hemorrhoids produced by aloes are infinitely preferable to the disease, and even to the death, consequent on the use of the other. Even senna, which certainly comes nearer to a harmless domestic remedy than any other, is not so if given alone. It is not only a momentary cause of griping and of inconvenience, but it leaves behind it a very great tendency to those uncomfortable sensations, and more particularly if the liver has not been previously called into some slightly increased action. Indeed, a catalogue of sorrows occasioned by the indiscriminate

and foolish use of purgatives might easily be drawn up ; but such is the headstrong tendency of some individuals to doctor themselves, that it would be rather a curious than a useful task to undertake it.”—*Sigmond on Materia Medica*.

Such is the testimony to the value of his own system of treatment of an eminent allopathic physician—for bear in mind that without purgatives, and without mercury, an allopathic practitioner is as powerless as a child.

That we may fully comprehend the tendency of the mischievous habit of taking purgative medicine, it will be well to take a brief survey of the anatomy and function of the digestive apparatus. We shall then see more clearly how such a habit interferes with the process of nutrition, the very function on which health and strength so pre-eminently depend.

All animal bodies, being liable to waste, must have their substance renewed by the digestion and conversion into nourishment of extraneous substances that contain the elements of which such animal bodies are composed. So long as this renewal of substance goes on, and is unimpaired by the imbibition of deleterious substance, the body remains in health. But stop it, or divert it, and the body loses strength, and ultimately dies. So important is nutrition, that Nature’s greatest efforts have been directed to maintain it. With a prescience beyond our power of comprehension, she has provided an apparatus so admirably suited to the end desired, that one is lost in astonishment at the foresight of Him who could so admirably design it.

The entire length of the human digestive apparatus and bowels is from five to six times the length of the body. Thus an individual whose height is six feet would have an intestinal channel of some thirty feet in length. This is an important fact in connection with its function ; for it is impossible to conceive that Nature, fond of simplicity in all her works, would have formed such a lengthy and complicated apparatus, if the entire evacuation of its contents were to be so often required. If frequent evacuation had been part of her plan for the preservation of the economy, it is believed she would have made a shorter and more simple apparatus.

To prepare the food for the process of digestion, Nature has supplied the mouth with teeth, and added very powerful muscles to the jaws to enable the teeth to act. As an inducement to prolong the action of the teeth upon the food, and so prepare it better for the next part of the process of digestion, she has abundantly supplied the *tongue* with nerves. These nerves are so sensitive to impressions, and so rapid in their agency to convey impressions to the *brain*, that man is tempted to continue the action of the teeth on the food, in order to prolong the enjoyment of the sensations produced on the tongue and palate. Thus Nature holds out to man an inducement to commence the nutrition of his system rightly.

The masticated food having passed into the stomach, undergoes there the process of maceration. The stomach detains it for a variable period, generally of some hours’ duration, till having become pulplified by the united action of moisture and of heat, it passes on to the duodenum, or first part of the intestines, where, being blended with the bile from the liver, the mass is totally changed in its nature and its uses, and has a portion of its substance fit to be received into a circulating medium.

For anatomical purposes the intestines are divided into two parts, called the large and the small intestines. The small intestines have their origin from the right or pyloric end of the stomach, and, after making numerous convolutions, end at last at the commencement of the large bowels, which for our present purpose it will be sufficiently accurate to say begin immediately above the right groin. From this part of the abdomen the large intestines pass upwards to the ribs, thence in a curvilinear direction across the body, and downwards on the left side of the backbone to their termination.

The digested food having passed from the stomach to the small intestines, the mass is continued slowly onward by a kind of undulating action of the bowels. Here it is worthy of remark, for it gives immense weight to the opinion broached, that Nature has provided most efficient means in the inside of the intestines to *prevent* the frequent evacuation of their contents. These means consist of broad folds of membrane, stretching from the circumference to the centre of the bowels like valves or ridges, with the evident object of impeding the passage of the intestinal contents. Is it possible Nature would have placed those ridges there if frequent evacuation had been part of her design? No. It would be just as sensible to clear the course for a race, and then with wagons to barricade it across. Moreover, these valves or ridges, as they are called, are thickly studded with small absorbent vessels, the function of which is to extract from the digested food every particle of nourishment the food contains. But how should they do that, if the food have to pass at a rattling gallop over their closed extremities? Yet allopathic practitioners give purgatives expressly to expel this food. Nature says plainly, "Let it remain." They, on the contrary, put Nature at defiance, and eject it all. Nature exclaims, "Nourish the body." Their cry is, "Reduce it; cut off the supplies; starve, weaken, and exhaust it." They do this, and call themselves *men of science*! They don't assert the alternative that then Nature must be a fool. But one or other *must* be wrong. Let the reader and common sense decide whether it be Nature or the doctors.

As the digested food passes slowly along the alimentary canal, it is exposed to the action of innumerable vessels. These vessels, extracting a milk-like fluid from the digested mass, are named from this function lacteals, and, uniting afterwards into a common trunk, pass along the inner surface of the spine to the upper part of the chest. This trunk, or thoracic duct, as it is called, empties itself into the left subclavian vein, a little behind and below the collar-bone. Mixing itself with the blood, the conveyed fluid passes on to the *right* side of the heart, the heart being a double organ. From the right side of the heart it is sent to the lungs, to undergo the process of conversion into purified blood. Returning from the lungs to the *left* side of the heart, the fluid which we have just seen obtained from the digested food in the intestines has become healthy blood, and is fit for distribution over and for the nourishment of the body.

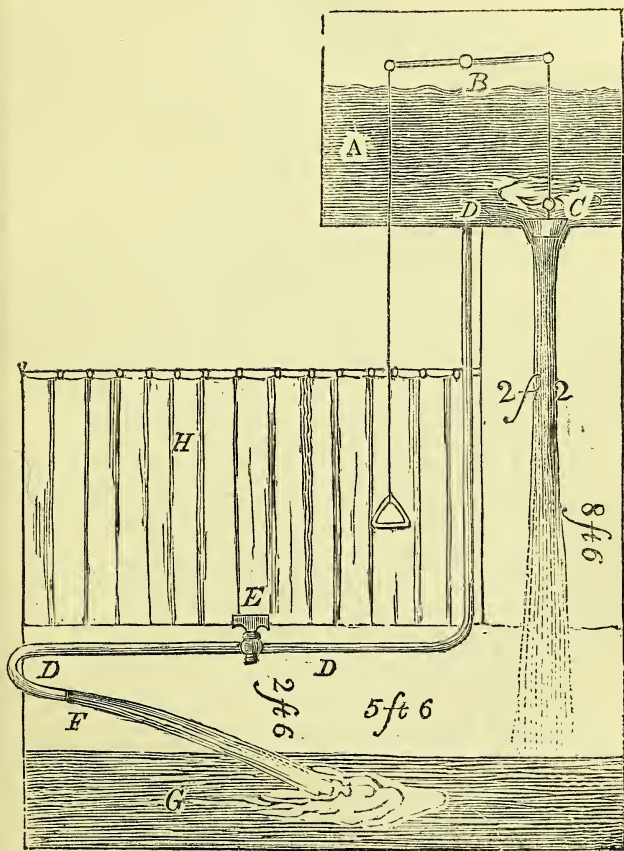
Talk of the perfectibility of machinery, and its adaptability to human wants!—why, the mightiest efforts of man's constructive skill sink to the very zero of insignificant nothingness when compared to this series of acts of prescient thought for the nourishment of the body. Let any rational being, too, ask himself the

question if a process like this is to be rashly interfered with by the exhibition of purgatives. Nature has used every possible means to make the processes of digestion and nutrition gradual and sure. Yet medical men and empirics thoughtlessly give highly irritating drugs, which put a stop by their action to the very process that Nature has taken so much pains to perfect, and to insure which she has given man an apparatus most wonderful in construction, and beautifully adapted to the function assigned it.

Those who know anything of medical literature know that there was no more devoted enthusiast to the doctrine of cerebral inflammation as the cause of fever and insanity than the late Dr. Clutterbuck. Every one also knows that no allopathic practitioner could undertake the treatment of fever with the slightest chance of success, if deprived of the use of purgative medicines. It may not, therefore, be amiss to see what the extensive experience of Dr. Clutterbuck taught him was the frequent result of the exhibition of purgatives. He says :—"The object in acting upon the intestinal canal, or, as we call it, producing purging, is the supposition that something noxious is to be carried off, upon the retention of which disease depends. This notion appears to have been entertained in all ages; and accordingly no class of remedies has been in such constant use as that of purgatives. At the present day the *stools* are scrutinised with a degree of minuteness that is quite ridiculous, as if the whole *ars medendi* were confined to the night-stool. Now, nine times in ten, the changes observed in the alvine discharges are the *effect*, and not the *cause* of the disease. *On many occasions, the changes observed in the state of the evacuations are the result of the very means employed to produce them*, and thus lead to improper practice. I might instance this in the case of children, in the healthiest of whom the doses of *calomel* and *scammony* ordinarily prescribed will at any time produce the most unnatural and offensive discharges; the appearance of which again is thought a sufficient reason for a repetition of medicine; till at length actual and often irremediable disease is excited in the intestinal canal, if not throughout the whole cavity." Such is the testimony of a leading member of the allopathic sect.

The testimony of Mr. Colles, of Dublin, is also worth recording. He observes :—"I recollect, when Dr. Hamilton's book came out, that it was expected every disease would be cured by purgatives, and they were tried in tetanus; but I always found that the patients died sooner under that plan of treatment than they otherwise would if it had not been employed at all."—*Lecture on Tetanus, at the Royal College of Surgeons, in Ireland.*

Those who have seen much of insanity, know well that prolonged constipation is not an unfrequent result of some of those states of brain on which insanity depends. But it is also known that repeated purging acts unfavourably on the insane. The truth is, that constipation is not itself a disease; it is the manifested effect of a deviation from the ordinary standard of health; and he is the better man of science, the more true philosopher, who detects and counteracts the deviation, if morbid. To say that constipation is a disease is like saying that the rotations of a wheel are the motive power of a steam-engine; but take away the steam that drives it, and the wheel ceases to perform its function. So it is with constipation—remove the condition on which constipation depends, and you will not require purgatives to remove constipation.



CASE OF BURN.—Our servant, suddenly taking off the kettle from the gas stove, and leaning over, the large jet of gas came in contact with her face, and rather severely burnt her. The face was immediately washed over with brown soap and water, as hot as she could bear it, then steamed over a pan for half an hour, the soaping repeated, and the steaming again repeated; afterwards a spongio piline mask, sprinkled with hot water, made to cover the face, with holes for the eyes, mouth, and nose, was put on, and a cold wet cloth to the head, and, after lying in bed one hour, the steaming was again repeated, the mask kept on all night, and by morning the case was all but well; she laid aside the mask, and felt no inconvenience. Had cold lotions been applied, or oil or grease, it would have been a serious case. If spongio is not at hand, calico, wrung out of hot water, and covered over with flannel to keep the warmth in, will do. Immerse hours in warm meal and water.

CASE OF A MAN BURNT WITH MOLTEN LEAD.—The lead went into both eyes, over face, one hand and wrist, and caused excruciating pain. 58 was immediately given by means of some boiling water in a vessel, with a narrow board put across the top of it for the affected hand to rest upon, and so have the benefit of the steam; then a thick woollen wrapper thrown over the man's head and vessel altogether, so as to keep in the steam, every five minutes just lifting the wrapper up, and gently putting into the vessel a few red hot coles out of the fire nicely kept up the steam. This process soon eased the pain, by setting eyes, nose, and mouth watering well, which drew away the inflammation gradually, as well as the pain. After the above process had been continued nearly an hour, 220 was applied to each affected part, and at night the steaming and poultices were all repeated; next morning he was so much better that 151 was all that was required, and he was able to attend partially to his work, and the following day was quite restored, and only sponged the eyes with milk and water.

CASE OF BURN.—A workman in my employ was foolishly melting some beeswax in turpentine in a tin vessel over the fire, the mixture burst into a flame, and in attempting to remove it, the handle broke off the pan, and the whole contents—a stream of liquid fire—ran over on to his hand. The skin over the whole hand was completely charred, inside and out. The surgeon was immediately called in. The messenger having informed him of the nature of the accident, he brought with him a sedative draught, and administered it at once, saying it would compose the sufferer and give him sleep. He examined the hand, and applied some ointment with a feather, and a covering of linen, then a poultice, and covered the whole up. The sedative draught was repeated several times during the night, and the patient had, according to his own statement, several “dosing bouts,” but awoke with alternate fits of heat and shivering. The surgeon was very attentive, came several times during the day, and re-dressed the wound, and repeated this the following day; at the same time expressing his fear of mortification, and consequent necessity for amputation. The accident occurred on Thursday evening, and the surgeon attended until Sunday evening. I only heard of the accident on Monday morning, and the surgeon's opinion that there was but slight hope of saving the hand. I immediately sent a close carriage for the patient to our Free Hospital, taking all the risk without hesitation, and with his entire consent. Soon as he arrived, the bandages and poultices were removed, the ointment carefully washed off by

sponging, squeezing the warm water over without touching the parts with the sponge. A tea-kettle full of boiling water was thus used, there was no feeling in the hand, the skin was charred, stiff, and cracked, the fingers all in a fast mass. When the hot water was being poured on, the fingers began to twitch, to the great joy of the man ; the hand and arm were then steamed twenty minutes. It was remarkable to see some of the turpentine coming out, which had been kept in by the doctor's ointment, and, of course, a source of great irritation. After steaming, packed the hand and arm with wet linen and dry flannel and shawls, and now the hand was soothed, and the irritating matter removed, he rested three hours. The next and principal point to see to, was to raise the *vis vitæ* or power of life ; the nervous system had received a severe shock, deranging the digestive organs, making the man sick and faint. After the dressing of the hand, he was undressed except the arm, and put into our steam-box, and a gentle steamer given ; the effects of this revived the whole frame, and was most grateful to the distracted nerves. After the steaming, he had a tepid dripping sheet, then was well dried with a sheet in preference to a wash down, to prevent exposure to the air, then a wet body bandage was put on, and he was dressed. The patient got sound sleep the same night, without any physic or artificial means ; this soothing treatment was very effective in giving immediate relief. (See 147, 20.)

The next day the hand was steamed three times and re-packed. The man could not stand without help when he came, but this day he walked out alone, and had a wet pack No. 46 in list, in which he went to sleep. The third day the skin was partially ready for removal, it was white, sodden, and soft, and was cut away day by day, until it was all removed, and left the new skin forming underneath. Offensive matter dropped out as the burnt skin was removed, and with it some remains of beeswax and turpentine. The fingers were now set quite at liberty. General treatment was continued to improve the general health and keep the body cool ; the body bandage re-wetted often night and day, kept the bowels right, with a 70 degrees sitz bath for ten minutes twice a day. A glove of spongio piline was now made, with fingers to fit each to keep them separate ; this was kept on and damped night and day, except when removed to steam the arm three times a day. The arm was kept packed with wet and dry calico and mackintosh. A vapour bath to the whole body and a tepid sheet were given every morning before breakfast. There was not the least relapse ; in fact the man returned home in a fortnight cured, but the tender new skin would not allow him yet to work. The hand, if at all cold, would contract and be fast again ; this, however, disappeared as more life got into the part. The steaming to the arm in this state was as strong as he could possibly bear. Pieces of whalebone were fitted over the glove on the inside of the hand to keep it open, and prevent contraction, for about a fortnight. The man got to his manual labour in two months, and has now the perfect use of his hand, and there is no scar whatever left.

This again is only being a nurse to Nature, not forcing her or dictating to her by unnatural operations. No stimulants were allowed, or a grain of medicine. Immerse for hours in warm meal and water.

WHITLOWS.—When the first indication of inflammation appears on the fingers or toes, if the hand or foot is then well steamed for fifteen or twenty minutes twice a day, the whitlow will be prevented coming forward in most cases. Experience has proved this ; but if the whitlow does advance, then take a small glass or jar, and fill it with hot water, and keep the part affected completely immersed in the water

constantly till well, reducing the heat of the water according to the state of inflammation; this will entirely remove all pain, and in a few days a perfect cure will be effected. When inconvenient at times to keep it immersed, have a spongio piline bottle ready, and when taking it out of the water, put a piece of linen well wetted with hot water on the wounded part, and the spongio bottle, also well wetted with hot water, over the wet linen; but in a little time the throbbing pain will be again felt, and the immersion will be found the only painless way of cure.

Case No. 11. WHITLOWS.—A gentleman, age about forty-four, fair constitution, gradually got into a dyspeptic state from confinement to business; and as Nature will try to throw off the internal mucous irritation on to some part of the body where the blood-making processes are not going on, a slight hurt of the hand determined the crisis to that part, and defied all attempts of his surgeon to cure it; the hand gradually got worse, and whitlows came, with severe inflammation. The patient then tried Hydropathy; but the application being cold, and more with a view to raise the vital powers by tonic treatment, that also failed to cure the arm and hand, although the general health was much improved, and the bowels acted without aperients, which had not been the case before. The consequence of raising the general health was seen in an attempt by Nature to throw off inflammation through the leg by crisis; but when the hydropathic practitioner observed this, he was alarmed, telling the patient that he must endeavour to stop it, as he had quite as much as he could bear with the crisis in the hand and arm. The leg was kept cool, and all warm treatment avoided, and the crisis which was appearing kept back; the hand and arm became proportionably more inflamed and painful, and after being under cold water treatment from February to June, he came to me in a very suffering state; the hand and arm highly inflamed and painful, the hand red as fire, and not able to bear touching; his stomach and whole frame getting worse, as the constant pain irritated the nervous system. I immediately applied steaming to both hand, arm, and leg, packing the hand, baths 13 and 10, and 28, 46 once, and 38, 51, 59, 90, according as he had strength to bear them, 163½, 172, 208, 207. Crisis soon came on in the leg, and very soon began to relieve the arm and hand—taking a share in the purification of the system. Nature prefers carrying off the inflammatory matter in the system at the farthest points from the trunk, and so we rarely have crisis in the arms, except there has been some recent or remote injury. The patient was now put under evaporation, No. 147, for both hand and arm; the hand constantly covered with a silk glove, never removed, and kept in the tepid water; and if at any time particularly painful, increase the temperature of the water to 90 degrees. No. 10 was now given, with 13 every other day, as he could not bear cold, on account of crisis; No. 107 forenoon and evening, and 39 twice a week. This treatment answered completely.

CASE OF INJURED THUMB.—A gardener, aged fifty, bruised his thumb, and went on with his work, thinking it would soon be well. In loading some gravel from the lead mines, got his thumb venomous, and after a day or two felt great pain, and swelling took place; he then applied to a surgeon, who ordered poultices and some pills. The hand began to be very painful, and the surgeon supposing there was matter forming near the bone, and the skin of the man's hand being hardened by his employment, that the matter could not escape, made an incision to the bone, but no matter came out, the inflammation and pain increasing. This went on for two months, the same surgeon telling the

man his thumb would never be of any more service, and that the probability was it must be cut off: and, eventually, he might lose his hand. The man, in great pain, and fearing an operation, came to us; he had relief in two hours after coming into the Hospital: all pain ceased, and he had none afterwards; the skin of his hand and arm, from his occupation, was hardened; no means had been used to make use of the thousand of pores in the skin to give relief: the only vent for morbid matter was through the injured thumb, which had been poulticed; no attention had been paid to improve the general health, except by pills; the great outlets for impurities provided in the seven or eight millions of pores in the skin was not thought of; all the attention of the surgeon was directed to cure the thumb without reference to the other parts of the body, which, of course, all sympathise with every part diseased.

The treatment was as follows:—The case went on well from the hour it was commenced, and the shapeless mass of inflamed matter, which the thumb appeared to be on commencing, soon assumed a natural form; and, from being quite stiff, in two days he was able to bend it without any pain. Treatment ordered:—This evening put the hand and arm into hot soap-suds for two hours, without rubbing or sponging it, and after wrap the hand in a flannel pad, wrung out of hot water, and plenty of dry flannel over to keep in the warmth; then the whole arm bandaged as No. 214, then No. 35½, keeping the arm in the bandages, and after put on 180; the whole nervous system being so shattered. Then had some tea, and went to bed, and slept well for the first time of five or six weeks, during which time he had scarcely slept an hour, and then in a disturbed state, holding his hand out of bed to ease the severe pain. The next eight lays he had the following treatment:—On rising, 96, 97; forenoon, 108; afternoon, 128 and 123; once a week, 55. Attention to Nos. 77, 180, 208, 237. Treatment for hand:—Keep it in hot soap-suds two hours, three times per day, and the intervening time keep it wrapped in flannel pads, wrung out of hot water, and dry flannel over. Two pieces of decayed bone came out during the process; we let Nature cast them out, and never interfered, even when the pieces of bone protruded: had we cut them out, inflammation would have again come on. Here it was striking to see what powerful efforts Nature makes in restoration. The man is now at work.

BITE ON THE HAND BY AN AMERICAN RAT.—A labourer, while unloading an American ship, was bitten in the hand betwixt the forefinger and thumb by a large rat; did nothing to it till night, when his wife put on a bread poultice, which he kept on while at work for three days. When the pain was gone, a fortnight afterwards, the hand began to swell, and became very painful; went to the hospital, where it was lanced; some black blood and a little yellow matter came out. The surgeon ordered the hand and arm to be fomented with hot water, and apply linseed poultice night and day; went on with this a week, swelling went down, and pain; in another week swelling and pain returned, when the man came under our care. For want of the treatment being carried farther to produce a crisis and discharge of matter out of the whole arm, and more general treatment to renovate the general health, the system could not throw the poison off. Under our treatment, the lumps which had formed in the muscles of the arm, and which would soon have become abscesses, were absorbed in one week, and a good crisis got out over all the arm; all pain ceased, and the man is now entirely restored. (*See Wounds, p. 150*.)

CASE OF INJURY TO THE KNEE.—A basket-maker, aged twenty, employed in his occupation, using the sharp-pointed knife in making baskets, run it into his knee, and let out a quantity of the synovial fluid from the joint. A physician, practising as a surgeon, was called in ; fomentation, ointment, and bandages were applied ; the young man lay in bed five weeks, and the doctor told him he would be a cripple for life, and would not again have the use of the knee-joint. Having employed the father of the young man, and hearing of the case, I sent a carriage for him to my Free Hospital. The knee was immediately steamed, and hot soap and water applied, then all the limb cased, including the foot, in spongio piline, damped with warm water, and dry flannel wrapper over. The object of this moist warmth was to raise the vitality of the limb ; and we knew if this could be accomplished, Nature would soon set up a curative process, and we were not disappointed, for by repetition of treatment to the limb and to the whole frame, as follows, the chronic inflammation was soon subdued, and the injured tissue and diseased matter thrown off by crisis from the knee and whole of the leg. The young man has now the perfect use of it, and has for some time worked at his occupation, as formerly. Used baths No. 35½ or 55, or 2, covering the injured limb from the cold water, 42, 13, and 11, 115, 91, 141, 144, 116, 148, 156, 194, 170, 199, 200, 206, 207, 208, or 210. These baths varied each day, being careful not to overpower the strength of the body by too much treatment.

HEAT OF HUMAN BODY.—The total quantity of heat developed in twenty-four hours by a full-grown man in health, is such as would raise sixty pounds weight, or six gallons, of water from the temperature of melting ice to that of boiling water. Since the temperature of the blood remains invariable, it follows that the quantity of heat dissipated by the body in various ways in a given time must be equal to the quantity produced in the same time. The manner in which this loss of heat takes place is, first, by radiation from the surface of the body ; secondly, by the contact of air and other external bodies whose temperature is lower than that of the organism ; thirdly, by cutaneous and pulmonary evaporation ; and fourthly, by the heat imparted to the food and drink, and to the air taken into the lungs, all of which have generally a temperature lower than that of the blood. It is calculated that about three-tenths of this loss of heat is produced by evaporation, as well as by the heat absorbed by food and drink, and that the remaining seven-tenths escapes by radiation, and by the contact of external objects.—*Lardner*.

WAISTCOATS.—The usual mode of making waistcoats leaves the chest too much exposed ; for the armpits and sides of the chest are most tender. A person goes out, buttons inner and outer coat up close, becomes warm with walking, the armpits and sides of chest probably in a more or less state of perspiration ; he comes in-doors, throws outer coat off, unbuttons body-coat, and at once admits the cold air to the exposed parts under the arm, stomach, and chest ; perspiration is at once checked, without the reactionary effect of our cold water applications, the blood is driven in, and congestion takes place. These may appear to some trivial and unnecessary matters to notice ; but when patients come with the mischief done, the very same principles have to be considered and put in practice for their recovery, which, had they been adopted before, would have saved them from the attack. Gentlemen's vest for autumn, winter, and our generally cold springs, should be of cloth, thick for winter, and made to button up to

the throat, and with short fine cloth sleeves, about six inches long; these sleeves protect armpits and sides of chest, stomach, and liver; the usefulness of them can only be appreciated by those who have tried them. The absurd fashion of exposing the chest by wearing waistcoats open in front, causes great numbers constantly to suffer from chest affections, and eventually to lose their lives. The usual fashion is to have the legs and arms, and parts of the body where there are no vital organs, and which would take no harm from exposure (as in the case of the kilted Highlanders), carefully guarded from cold. Persons would not like slits in these garments to let in the cold air, but they do not object to have the vest open, allowing the cold air to drive in the blood from the surface of the chest and windpipe, and consequently causing cough. What does the doctor prescribe when cold has been taken in the chest, with bronchitis, or inflammation of the chest? Why, the first thing he thinks of is to cause counter-irritation on the surface by blisters or mercurial ointment, making the chest red with the blood that he wishes to draw away from the congested vessels internally, and which the patient might have done by the most simple natural precautions on change of season, in keeping in warmth on the surface of the chest, and preventing checked perspiration by a more sensible fashion of vests and thicker coats, &c. Thousands go off every season by consumption and bronchitis, from neglect of these simple precautions. Females should also have warm chest and throat clothing, but here again multitudes sacrifice their health and lives to the fashion or modes of the times.

Of all parts of the body requiring protection, none is of such vital importance as the trunk; and all fomentations, compresses, mustard, and other counter-irritants are entirely nugatory and temporary in their effects, if it is not well protected, so as to keep the chest, liver, stomach, and bowels constantly warm. Whatever may be said of the benefit of exposure to harden, none can set the laws of the constitution of the body at defiance with impunity. Labourers and others, who are often exposed in the winter, die by hundreds from bronchitis and consumption, from having laid the foundation of the disease by exposing the chest. I am seldom without such cases in my Free Hospital.

WORKMEN'S SUNDAY CLOTHING.—I have sometimes traced the origin of disease in my Free Hospital patients to their changing their strong week-day clothing for their Sunday apparel of the broad-cloth and silk vest; or in females, from strong cotton or woollen stuff, and black worsted stockings, to light fancy clothing and thin white cotton stockings. Except in summer, they are particularly liable to cold from this cause, not only from the change of clothing, but from the change from active labour to the quiet of the Sabbath. I could give many cases from my own experience of patients, where a cold taken on the Sabbath, from imprudent change of clothing, has laid the foundation of fatal disease, or has developed constitutional tendencies which have resulted in death.

BRACES AND GARTERS.—These appendages of dress are far more injurious than is generally known. Braces tend to cause the wearers to stoop, and so contract the chest. A pair of cloth straps, set on seven inches apart, and placed just on top of the hips, will keep the trowsers in a comfortable position far better than braces; and have a further advantage over braces in supporting the muscles of the hips and back, leaving the body free and more inclined to throw the

they will feel tight and uncomfortable round the waist, or if placed more than seven inches apart ; the straps should be two inches broad where they are set on, and brought to one and a quarter at the ends, with a one and a half wide buckle. The ordinary fashionable plan of having no waistbands to trousers, and buttoning up the front, with the waistcoat only just to come to meet the trousers, and the waistcoat only to button a short way up, is a very absurd mode of dress for this country, except during the warmth of summer. Such fashions leave the viscera unprotected in cold weather, and is the fruitful cause of chest, stomach, and liver complaints. Unless the vital warmth is kept up in the nutritive organs, it is impossible they can act properly ; the neglect of such simple and obviously necessary precautions keeps thousands in a chronic state of ill health. On the vitality of the plexus of organic nerves in connection with the stomach, depends the power of digestion. Dyspeptic persons will often feel a coldness there externally, even when warm in other parts of the body ; and when this is the case, it is utterly impossible good digestion can go on. Our No. 76 or 77 is here useful to invalids ; and great benefit will be felt by using No. 77 in bed. Trowsers should be made what is commonly called with fall-down, which gives a good broad waistband ; and they should never be made tight. I have mentioned this before. Disease often results from trousers made to fit tight in the fork. GARTERS prevent the return of venous blood from the feet and legs ; and are a cause of varicose veins in some, and always and inevitably injurious in all. A patient, to whom I was naming this lately, said he had had a hard tumour caused by the garter, which Sir B. Brodie had excised. Garters tend to cause cold feet.

TOBACCO, AND FEVER AND INFLAMMATION.—We have had some striking instances of the injurious effects of tobacco in rendering persons liable to disease. Some cases of scarlet fever have occurred in the locality of Lea and Bonsall recently. The tobacco-smokers have had the greatest difficulty in getting over the attack ; their lowered vitality has told upon them, and the mucous inflammatory action which is always more or less present in smokers, as seen by the swollen and unclean state of the tongue has determined such an amount of inflammation to the throat, that their lives have been saved only by the most constant and unremitting attention to fomenting and packing. Cases, which have been free from tobacco, have got through the fever with very little trouble, and have been quite well in three weeks. Tobacco smokers are little aware, at the time they are using the narcotic, how they are paying for the gratification, by accumulating the seeds of disease and death in their frame. While I am writing this, a case of fever, and one of inflammation of the bowels, have sent to us for help ; in both cases the chances of recovery are slight, from being smokers. We always undertake cases of tobacco-smokers with reluctance and doubt as to recovery, whether in fever, inflammation, or rheumatism. A patient arrived at my establishment yesterday ; full-formed man ; age 30. He began to describe his pains ; stomach affection, and general uneasy state. I said at once, "You smoke tobacco." He was surprised I could predict his state from that cause ; but so it is. Tobacco gives young men the infirmities of age ; and the old, the miseries of a constant craving to keep down the miserable feelings which have been created by the drug. A little reflection, by any Christian person, must show them the heinous sin in thus destroying or disabling the body from properly fulfilling the duties of life, for sensual gratification. Some ruin their health also with snuff, and some

with alcohol: all such courses are an offence against God's laws. Poor, weak human nature! it is hard to give up habits. Many a young man, and older too, have been initiated into these habits by careless fathers, who had little thought how they were undermining the health and happiness of their offspring by setting them the example. Youths see their fathers smoke and take their glass of grog; they think it is manly and safe to follow their parent's example; and, by getting over the nausea and natural distaste of tobacco and spirits, they become confirmed slaves to the ruinous habit.

From the "Lancet," of October, 1857.—A NOTE ON THE EFFECTS OF TOBACCO.—“When I first occupied my present lodgings, I was struck with the almost constant appearance of a young man, obviously of fortune or independence, who walked up and down on the opposite side of the road, half-way between my window and the sea. He was tall, robustly made, but stooped, and his whole gait and appearance were slow, slouching, and inanimate. I could not imagine what should induce a fine young man so to occupy himself, or rather to pass hour after hour sauntering up and down without occupation. At length the mystery was solved. I observed, what I had not discovered at first, that the youth *had* an occupation, between his hand and his lips he constantly held a *pipe*. He thus, therefore, spent his time dreamily away, without energy, without object, in a state of constant half narcotism. I have known members of my own profession so to devote themselves to this narcotic, as utterly to lose the energies requisite for activity in study and practice, and consequently for success;—a room, a dress, devoted to the purpose of smoking, hours spent in the indulgence of the solitary vice; half narcotism, half anæsthesia. I would not boast, but I think I may affirm, without boasting, that I have *laboured* in the cause of medical science, during two-fifths of a century, more than any one. This journal bears testimony to these labours, and with whatever success they have been crowned, I am firmly convinced that I never should have accomplished them had I been a smoker—had I absented myself from society, and shut myself up in a peculiar room, and in a peculiar dress, the impersonation of *self*, solitude, and oblivion. I write this for the warning of my younger professional brethren. It is plain, tobacco acts on the cerebrum, the medulla oblongata, and the heart; its effects are stupidity, defective breathing, defective action of the heart—forms of debility, and impaired energy. These phenomena are primarily physical and physiological; no doubt, the blood is poisoned, and in its turn poisons the brain, the medulla, and the heart. Sometimes, in those who smoke for the first time, these symptoms occur in a form even of danger. Such a case occurred to me many years ago, and was published in the *Edinburgh Medical and Surgical Journal*, in 1816. Of this case, I propose to adduce a brief extract:—

“Mr. J. H., aged nineteen, unaccustomed, except for a day or two before, to the effects of tobacco, smoked one and a part of a second pipe. He became affected by violent syncope, and by violent retching and vomiting. He returned home, complained of pain in the head, undressed himself, and went to bed. Soon afterwards he was taken with stupor and laborious breathing. He was found in that state by the medical attendant. The countenance was suffused with a deep livid colour; the eyes lost their brilliancy; the conjunctivæ were injected; the right pupil was exceedingly contracted; the left was much larger than usual, and had lost its circular form, both—

state of rigid contraction ; the arms bound over the chest ; and the whole body was affected with spasmodic contractions ; the breathing was very stertorous.'

"From these several symptoms we may pretty accurately judge of what is going on in the brain, in solitary smokers, and in a minor degree in all smokers. The robust may support the effects of tobacco ; but the feeble will assuredly pay the penalty of languor, inertia, and incapacity. I have known more than one instance of members of our profession, both in its higher and lower ranks, making shipwreck of their success and fortune, by addiction to solitary and sedentary smoking."

Experience has fully convinced me that total abstinence from ale, wine, spirits, or any stimulating liquids, is absolutely necessary in all cases, if health is to be restored or preserved. I find by drinking water only I have enjoyed a freedom from headache and a buoyancy of spirits I never enjoyed whilst taking any stimulating beverage, and I also find my strength increased, and that I can take a greater variety of food without inconvenience. I strongly recommend a trial of the same plan to any and every one.

INJURIOUS EFFECTS OF SMOKING.—S. Solly, Esq., F.R.S., the eminent surgeon of St. Thomas's Hospital, Borough, has lately delivered a very important Lecture on Paralysis, before the Students of that excellent institution, in which smoking is pointed out as one of the various and insidious causes of general paralysis. After condemning the immoderate use of malt liquors or spirits, which only stimulate for a time, and afterwards produce the most enervating and pernicious effects, the lecturer proceeded :—"There is another habit, also, which I cannot but regard as a curse of the present age—I mean smoking. Now don't be frightened, my young friends ; I am not going to give a sermon against smoking, that is not my business ; but it is my business to point out to you all the various and insidious causes of general paralysis, and smoking is one of them. I know of no *single* vice which does so much harm as smoking. It is a snare and a delusion. It soothes the excited nervous system at the time, to render it more irritable and feeble ultimately. It is like opium, in that respect, and if you want to know all the wretchedness that this drug can produce, you should read the 'Confessions of an Opium-eater.' I can always distinguish by his complexion a man who smokes much, and the appearances which the fauces present is an unerring guide to the habits of such a man. I believe that cases of general paralysis are more frequent in England than they used to be, and I suspect that smoking tobacco is one of the causes of that increase."

ON THE PHYSICAL EFFECTS OF SNUFF-TAKING.—If tobacco be taken into the nostrils in the form of snuff by those unaccustomed to its use, sneezing takes place, which is a natural process to throw off the offending substance—as when irritated by dust or any other foreign body—for if not thrown out by sneezing, or washed away by the fluid secretion of the nostrils, giddiness and confusion of the head is occasioned, and a feeling of slight intoxication is produced ; but by custom this is not the case. By continuing this irritating narcotic, the olfactory nerve, the organ of smelling, which proceeds immediately from the brain, is rendered less sensible, becomes blunted and impaired, and sometimes entirely lost. The schneiderian membrane, on which the nerves of smelling are distributed, becomes thickened and callous, and by degrees the nostrils are clogged up and rendered useless.

Sometimes the secretion of the nostrils becomes diseased, and makes

the breath horridly offensive. I have come in contact with the breath of an inveterate snuff-taker, who made no complaint of disease, and never did I experience so "villanous" a smell; to me, the effluvia of a dissecting-room was preferable. Snuff-taking evidently affects the salivary glands, as the spittle is said to be bitter; "it causes, also, a sort of astriction at the bottom of the nose, which affects the palate, and consequently the speech. This gives the snuff-taker a constant desire of taking more and more, to rid himself of the stoppage."

All the senses are injured, and even the mind itself is sometimes affected by the pernicious habit of snuff-taking. The sense of *Smelling* is injured, by the snuff destroying the olfactory nerves; that of *Tasting*, by its deadening the nervous power of the nostrils and the palate; that of *Seeing*, by its stimulating the nerves, inflaming the nasal and lachrymal ducts, and producing diseases of the eye. The *Hearing* is affected, by its inflaming and thickening the eustachian tube, that internal tube of the ear which opens directly behind the back of the nostrils, where the particles of snuff often lodge to an injurious degree; and, by its coming in contact with the brain and the nervous system generally, the memory is impaired, and the sense of *Feeling* becomes much injured.

It has been a matter of dispute which is the most injurious to the human system, the snuffing, chewing, or the smoking of tobacco. To common observers, snuffing might be considered the most harmless, not knowing that by the strong inspirations which are made when snuff is drawn into the nostrils, the powder frequently escapes into the stomach, and produces most pernicious effects. In whatever way tobacco is applied, whether in substance, smoke, or powder, the most serious consequences are, that they all act as a baneful narcotic upon the nervous system, producing dyspepsia, or stomach complaints, heartburn, flatulence, diseased secretions, indigestion, and a train of what are called nervous diseases. Whilst writing, I call to mind two ministers, slaves to snuff-taking, miserable dyspeptics; to use the language of one of them, who, when speaking of himself, said, "I am skinny misery." The other, in all probability, fell a victim to the wretched habit. His stomach had lost its power; digestion failed him altogether; his flesh wasted away; constant vomiting occurred, which ended in death.

In concluding these papers on tobacco, in which the injurious effects arising from its use have been shown, the best advice I can give, as a medical man, as a friend, and as a Christian, is to abstain from smoking, snuffing, or chewing. To the young, who have never been addicted to the use of tobacco, I would say, Never touch, taste, nor handle the filthy weed, but rather spend your money in the purchase of useful books, and your time in the cultivation of your mind. To those who use it I would say, Abstain from it as from a real evil; no physical injury has ever been known to arise from leaving it off *at once*.

I have long been of opinion that ministers of the Gospel, and schoolmasters, who may be considered as leaders and instructors of mankind, should relinquish their offices altogether, if they have not sufficient moral courage to give up the use of tobacco, as their bad example frequently does more injury than their preaching and precepts do good.

ADVICE TO MINISTERS OF THE GOSPEL AND ALL

(Ward and Co., Paternoster Row, price 1s. 6d.), in which there is also much important information in a popular form, says, "I know that many ministers of the glorious Gospel, who preach on week-nights as well as on the Sabbath, make a great mistake in taking suppers after their labour in the pulpit. I know well, that they are frequently urged to it by the kindness of friends with whom they have their temporary abode. Frequently, also, they have walked some miles to their work; and a sense of fatigue after sermon, with, perhaps, a somewhat urgent appetite, plead strongly, but wrongly for supper. Let such remember that *sleep* is the only legitimate restorer of nervous energy; and that food is for the supply of the waste of the tissues. Again, a demand is always made on the nerves for the digestion of food. You see, then, that at bedtime, when the brain and nerves are in the most exhausted state, it must be improper to take food for that purpose which is best and most naturally answered by sleep."

This will be found quite true in practice, although it is so opposite to popular opinion. Abstaining from animal food altogether, when pressed with mental exercise, will be found of great service. The idea that strength cannot be kept up without the use of animal food, is shown to be fallacious by some of the first authorities on such subjects. The strongest, healthiest, and longest lived people in the world do not use animal food at all. The following statements as to the comparative ingredients of brown bread and pure blood show that, by a diet of pure brown bread and water only, the body will be supplied with perfect nutriment:—

HOW STRONG MEN ARE FINISHED BY DR. BEALE'S LEGAL PRACTICE OF LOWERING THE VITAL POWERS OF THE ALREADY EXHAUSTED FRAME.

"Among the deaths which have occurred within a few months in this city, quite unnecessarily in our judgment, is that of Michael Hoffman, Esq., late deputy collector of the port of New York. He was universally respected and beloved as a useful citizen and an efficient officer. He was blessed with an iron constitution, was in the prime of life, and died in the forty-first year of his age. A friend has sent us the following statement of his case:—

"Being a high liver, he indulged in late suppers, and thus laid the foundation for a plethoric condition and a tendency to apoplexy. He was taken sick August 12th, complaining of a severe headache, and remained at home reclining on a lounge during the day. Dr. Otis was called at five p.m. The doctor sent all of the patient's friends out of the room, and, finding that the patient had lost the use of his right hand so that he could not hold a pen, applied twelve leeches, and promoted the flow of blood as long as possible by the application of warm water to the leech-bites. The patient, it should be remarked, had been subject to these headaches for several years.

"The next day Mr. Hoffman kept about the house until eleven p.m., when he retired to bed. Soon after he had an apoplectic fit. Dr. Ranney was called in and took half a pint of blood from the arm, and left him blue pills to be taken from time to time.

"The next day he was worse, and at one p.m. had convulsions. On this day he was attended by four physicians—Drs. Otis and Ranney, and Professors Clark and Barker. In a consultation a suggestion was made that his disease 'might be something different from what they had supposed it to be.'

"The doctors 'saw in his eye the suspicion of the disease,' &c. The urine was then tested (why not at first?) and found to be acid.

Bright's disease of the kidneys was then diagnosticated, and the patient was ordered beef-tea and brandy, with injections of spirits of nitre. This plan of treatment was continued four days, when the patient began to sink. He died at three p.m., August 18th.

"In commenting on the medical treatment of Mr. Hoffman, which we think assisted him to die, we have no fault to find with his physicians. They did just what they should have done; just what, as honest and conscientious men, they could not help doing. Their treatment was strictly orthodox, and according to the doctrines of their books and the teachings of their schools. Our quarrel is with the false doctrines which led to the fatal practice.

"Whether the disease proper was technically apoplexy, epilepsy, or Bright's disease, or all, or either, is immaterial, so far as the right or wrong of the treatment is concerned. The patient was in a condition of obstruction and congestion. The bowels were constipated, the blood thick and viscid, the capillaries congested, and the brain overloaded. A physician of the Hygieio-Therapeutic school would have corrected these mal-conditions in this way. He would have relieved the bowels with an enema of tepid water, drawn the blood *from* the head (not *out of* it), by means of the application of cold wet cloths and a warm foot-bath; he would have relieved the congested liver with the wet girdle, and opened the pores by means of tepid ablutions and gentle friction to the whole surface, &c.

"But the doctors leached out Mr. Hoffman's blood. How could such a process remove the morbid conditions we have indicated? The bleeding process was repeated and the patient further reduced with blue pills until convulsions were induced. Then a council was had, and the whole plan of treatment reversed. It was discovered that the patient had been treated for the wrong disease. The depletion was changed to stimulation. But if bleeding could not remedy obstructions, how was brandy to cure inflammation, or ulceration, or disorganisation of the kidneys? Fortunately for the medical profession, and unfortunately for all the rest of the world, reason and common sense have nothing to do with these matters. Mr. Hoffman was doctored *secundem artem*. He died and was buried and—might have lived if there had not been a single physician on the earth."

IMPURE WATER is often the cause of unsuspected injury to the health. We experienced this at Cheltenham in 1851, when occupying a house in which the beautiful soft water from the new water-works was kept in a leaden cistern. My wife was affected with symptoms of poisoning, and after several weeks, I found the cause was owing to the water. On examining the lead cistern, which was closed up and never cleaned, the inside had a coating of swarf like that on the axle of a carriage. When we found out the cause and used water which had not been in a lead cistern, my wife soon recovered. The best soft spring water will soon cause a coating on any lead cistern, and there are, I believe, many such in use. Mr. F. Danchell, of 38, Red Lion Square, London, sells a very neat little pocket test apparatus, price 10s. 6d., and his little pamphlet, "Water; its Impurities and Purifications," gives much information on the subject.

PROVIDING FOR "CRISIS"—OR SOMETHING WORSE.—

On the 19th of November I left home with several friends, one Mr. Allen, the proprietor of Riber Hall (with whom we sojourn in summer at his mountain home, 600 feet above the level of the river), for Manchester, by the late train. We took tea, with eggs, before leaving, and arrived in Manchester at the Royal Hotel, at half-past ten o'clock

We found in the commercial room a number of gentlemen, all (with, I believe, only one exception) engaged in smoking cigars, and each with a glass of spirit and water. I observed to my friend, "Here you see how crisis is produced, and my time, and labour, and patience, and skill is taxed to counteract the effects of this unnatural mode of comforting the poor fatigued body, after the day's labour and anxiety." The exception named was a gentleman making a hearty supper of beef, pickles, pastry, cheese, celery, &c., with ale; and no doubt he would finish by following the example of those around him. "Antihygienic with a vengeance!" I exclaimed. Not liking the atmosphere, and it being a very fine night, we strolled into the streets. I wanted to show my friend, Mr. Allen (who, although past the meridian of life, had never before been in a large town, nor more than sixteen miles previously) specimens of the system of living he has so often seen me writing against in the drawing-room of his old Hall. On sallying out we soon met with business men who had evidently been similarly occupied to those we had left at the Hotel. None, however, showed the least sign of intoxication, but their haggard countenances told that their mode of life and occupations were not congenial to healthy development. My friend having never seen a billiard-room, we turned into one. There the same class of men met us, with countenances, some haggard and pale, others red enough, puffing cigars, as a matter of course; and breathing the heated atmosphere charged with tobacco smoke and sulphur from the gas burners; we only stopped a few moments. A little lower down we came to a gin-shop. We walked in at one door, and went along through a motley line of drinkers—some sober, some not so; mechanics, squalid women in rags, gaudily-dressed prostitutes, some mere children—and out at the other door. My friend, horrified at such a sight in a civilised country, exclaimed, "Why are they not put down?"

After a further round by the Exchange—now looking solitary and quiet; its busy, anxious occupants of the day gone home to prepare, by their home comforts (some probably such as I have before alluded to), for the strife again on the morrow—we retired to rest, without anything more than each a glass of water, and an orange we had bought on our stroll; and rose in the morning with cool heads, and a good appetite for the luxurious display of turkey, pheasant, beef, ham, tea, and rolls, &c., the Royal Hotel so amply provides, in clean rooms, with the most civil and attentive waiters. After our meal we started on the business I had come about, which was to inspect some newly-invented machinery previous to purchasing. The streets were again all alive, with the busy crowd, like ants, going in all directions. Now and then we met a number of unemployed operatives, with starvation in their faces, their wages having ceased; and with many of them the means of providing food and going to the nightly gin-shop being exhausted, they now feel the double deprivation of stimulants and bread too.

The great commercial crisis being at its height, the Exchange, which we now entered, was crowded with the most gloomy and anxious number of faces I ever saw congregated together. A merchant there said, that many that morning trembled to open their letters, lest they should find in them information that their bills were dishonoured and themselves bankrupts. "Why," I said to my friend, "should men sacrifice health and peace, and shorten life, to make fortunes they seldom live to enjoy, and always at the expense of present enjoyment?" I wished that over the Exchange, and inside too,

ould be written, "For we brought nothing into this world, and it is certain we can carry nothing out. And having food and raiment, let us be therewith content. But they that will be rich fall into temptation and a snare, and into many foolish and hurtful lusts, which drown men in destruction and perdition. For the love of money is the root of all evil : which, while some coveted after, they have erred from the faith, and pierced themselves through with many sorrows."

We visited factories and machine shops, all full of bustle, dust, dirt, and anxious, haggard occupants ; then dined, and turned homewards out of the rolling noise of coaches, carts, omnibuses, and hearses (of which there was a sprinkling), the smoke, and the gas, to the railway station ; and were soon amidst the grand and wild scenery of the Derbyshire hills above Glossop, through which the rail passes, and arrived home late. A cup of weak tea, bread-and-butter, and an egg, and to bed, to rise early in the morning, and again to business. Business, however, with a cool head, quiet nerves, and moderate desires, and an assurance that all things shall work together for good to them that love God, is very different in its effects upon the frame from what we had witnessed the day previously.

AFTER writing the preceding article, I am strongly reminded of many individuals I have been personally intimate with, but who are now no more seen on the stage of life. They might undoubtedly have been now living, and happy, useful members of society, had they had proper instructions from their professed ministers of health, their legally qualified doctors, as to proper mode of life, and the natural treatment in case of illness and infirmities, which not the most strict course of living will always prevent. But unfortunately they are not warned in time to save life. Doctors let their clients go on till disease calls them in ; and very generally, and indeed without an exception, that I ever knew, the doctor likes and practises what is called good living as much as any of his patients. One case, as fine a specimen of humanity as could be found, after many years' excellent health, defying cold, heat, and fatigue—and as to indigestion, he scoffed at the mention of it if an acquaintance named such a matter—he was brought to a stand when the vigour of his constitution could no longer force functionary action ; but as I have remarked in another place, when such a case does fail, it is like setting fire to fuel ; for a strong person will carry an amount of mucous inflammation and morbid matter in the system that would long previously have prostrated a weaker frame ; but the weaker frame, as is notorious, has a far better chance of recovering, because the deterioration of the living tissue has not gone to the extent to endanger life before the nervous energy has broken down ; hence a more delicate frame is often seen to get over serious illness sooner than the naturally robust. In the case I now allude to, failing powers of digestion brought in the doctor, and, exactly as in the case of the late Prince Consort, strong medicine was administered on the supposition that the patient was not a weakly person ; but as the symptoms were urgent, active treatment must be promptly resorted to. Now in both cases functionary action had come almost to a stand for want of vital power, and in both cases the prompt measures were such as still further lowered the vital power, and both patients soon died. I have not the slightest hesitation in saying both would, in two or three weeks, at furthest, have been restored to health if means had been used which "directly or indirectly aided the work of nutrition," which Dr. Chambers, at page 32

of this work, shows is the only sensible way to treat disease, and which we practise, but which Dr. Chambers advocates, but does not, nor dares to do, so long as he is connected with the Royal College of Physicians; for Dr. Beale, in the same page, severely calls him to account for even expressing such heterodox ideas, according to Dr. Beale's purging and blistering legal system. The patients, however, settle the controversy by dying; and it is melancholy indeed to see one's neighbours and friends finished often in a week, and disappear by the doctor's "energetic treatment." Another acquaintance of mine, a fine specimen of a man, aged about fifty-five, was chatting with me in my room a fortnight ago; his body was yesterday interred, and his friend informs me this morning how his remains were honoured by the attendance of hundreds of persons at the funeral, and many carriages. He was an eminent public man, but prejudiced in favour of legal practice. We could have saved his life, I have no doubt; but instead of our comforting No. 98, 9, 46, 55, 163, no appeal was made to the eight millions of pores of the skin to withdraw morbid matter and increase nervous vitality, but physic and operations were resorted to, and he died in excruciating agony. Another case very nearly similar has recently occurred: one whom I knew well many years, but who has led a life of suffering from pretty nearly the same cause as the preceding, and died in similar agony. I see two or three of my acquaintance now undergoing the same process, and I know as certainly as I did in the previous cases that they must inevitably terminate in a similar manner, and that they must inevitably die painful deaths, except so far as opiates can deaden their sense of pain; but in some cases, as doctors very well know, opiates are not strong enough to extinguish Nature's cries for relief, and which relief it would be easy to give if the rules of the profession were not regarded rather than the patient's sufferings (see relief to dying cases, p. 79). The fact of our never being called to our establishment except on our regular days of attendance proves the efficacy and safety with which our 120 to 140 patients are treated; and it is to be noticed that nearly all our cases are those given up or unsuccessfully treated by the legally qualified physicians and surgeons.

DINNER PARTIES; *or the way in which persons prepare themselves for the doctors.*—When society is more fully alive to the wisdom of only eating and drinking to enable the body to go through the duties of life, without regard to pleasing the palate, life will then be greatly lengthened, and disease and suffering immensely decreased. Thousands now are in a constant state of nervous dyspepsia, and their lives rendered anything but happy, simply by their living more to please their taste than to sustain the body. I shall never forget joining a dinner party, which I will adduce as an ordinary illustration of the way in which thousands, who have the means of destroying their health and comfort, are indulging themselves daily, or several times a week. The party was at a gentleman's house in a distant part of the country, and will not, I know, be recognised by any readers of this work, except, perhaps, by the gentleman himself, should he read this book. It was on a cold winter's evening, about ten years ago, snow on the ground, and a severe frost; provisions dear, work scarce, and a time of unusual suffering among the poor. After we had assembled in the drawing-room, before dinner, the conversation

turned on the topics of the day, and amongst other matters, on the great distress among the people around. The gentleman said that he had that afternoon visited the house of an old man, which I knew to be within one hundred yards of his own door. He saw a pot on the fire, with something boiling in it. He knew the old man, who lived alone was very destitute, and he asked him what he had in the pot. He replied, he should not tell him. The gentleman went to the fire, lifted up the cover, and saw the pot filled with turnip tops, or leaves, which the old man was cooking for his only meal that day. This, of course, was heard with some expression of sympathy by the assembled party, especially by the ladies. It was, however, too disagreeable for us to dwell upon, and so, after a little chat on more agreeable subjects, the servant announced the welcome summons to dinner; and away we went in procession to the dining-room, each gentleman taking a lady on his arm, forgetting all about the turnip tops, and such disagreeable matters, as we entered a large and well-lighted dining-room, displaying a well-furnished table, with a tureen of soup at one end, and a very fine codfish under cover at the other, and further adorned with various sparkling decanters and long-necked bottles of wine. I well recollect the sight which greeted us. After we were all seated, and the short grace pronounced, we fell to in good earnest, for we had a good deal of work before us, and even winter evenings come to an end. Some chose the rich white soup, made principally of cream, stewed veal and fowl, almonds, vermicelli, onions, sweet herbs, &c. Some chose codfish and oyster-sauce; and with this course one or two glasses of wine were dispatched. I often found it rather disagreeably perplexing, and I am sure others did too, to know which to choose among so many good things; and rather annoying to be obliged to miss tasting some of them.

Next followed roast beef, and boiled turkey with rich white cream sauce, some mutton-chops, sweetbreads, &c. The latter dishes, for the information of the uninitiated, I may state, are called *entremets*, or side-dishes, and are cooked in a scientific way, for delicate or curious stomachs which cannot feed upon plain beef or mutton. Potatoes, ornamented dishes of turnips (without tops) and carrots, which, with greens, vegetable marrow, and sea-kale, helped us to avoid feeding too heavily on solid flesh; and with the sherry and sparkling Moselle wine, gave great pleasure to the gratified palate. Many a pleasant sally of wit, and agreeable interchange of pledges by the wine-glass, heightened the pleasures of good fellowship; and as it was at the house of a religious professor, and some highly reputed religious persons being present, I believe all felt as I did, heartily satisfied with ourselves and the entertainment, and that we could not possibly be doing anything either wrong or inconsistent with our Christian profession, at least I am sure that was my feeling. I had so often been complimented for being a sound churchman, and as such a true Christian—and this by the ministry—that I for one was as content, and convinced on the subject, as if I had had Christ's testimony on paper in my pocket.

But to proceed with the business of the evening. It was now about seven o'clock; we had entered the room about six, and there was yet a good deal to dispatch. After the beef and turkey were removed, a pheasant, a hare, and a brace of partridges were uncovered; with dried bread-crumbs, gravy, and smooth bread sauce cayenned for the game, and red currant jelly and forcemeat stuffing for the hare. Of vegetables, little or none was taken, as we had already filled up some

chinks with them, and they would prevent the fine flavour of game from being fully appreciated. Wine, of course, was from time to time supplied by the servants, who kept a sharp look-out on empty glasses, making it rather difficult for us to recollect how often they had been emptied.

The next course consisted of rich plum-puddings, brought in a blaze from spirits of wine being poured over them and then lighted, with custards, delicious tarts, syllabubs, creams, trifles,* jellies in pyramids, and sweets in various ornamental forms, according to the extent of the hostess's talent for invention. Champagne, as being of a more lively character, is served round with this course; and I well remember on this occasion, from the butler not having guarded his bottles from the severe cold, several of them were opened and taken away, not being found "up." These cost about 6s. 6d. per bottle, and when once opened are spoiled. After having solaced ourselves with these creature comforts—celery, cold and toasted cheese, with macaroni and tankards of spiced ale, were introduced; and then again a short grace was said, and dinner finished. We had, however, by no means done either with eating or drinking. The table being cleared, fresh decanters of the best wine, and various fruits, were brought on, with brandy-cherries, preserves, biscuits, guava jelly, preserved pines, walnuts, almonds, &c. After the first round of the bottle, the ladies retired, and we sat chatting on various topics, sipping our wine, and helping ourselves to fruit, &c., as fancy inclined us. The feast and the good fellowship, with so many good people present, and the nicely warmed room, made us quite forgetful of the man with the turnip tops for his dinner and supper; and when, after a cup of coffee and a small glass of liqueur, we went into the drawing-room, to the ladies, we found all still *couleur de rose*. We sipped our tea, enjoyed the usual amusements of the evening, and took our leave about eleven o'clock to our various homes; there arrived, we said our prayers, asking God to "give us day by day our daily bread: lead us not into temptation, but deliver us from evil." Those slept who could.

I have been thus particular in this description for the information of those who may read this book, but who may never have had the privilege of *good (?) society*; and I will also assure them that I have given a strictly true relation, as many poor jaded cooks and butlers can avouch. I will also tell them, such feasts are of almost daily occurrence at various seasons of the year, and at intervals throughout the whole year; and they are given and partaken of, not only by lay men, but ministers who esteem themselves both orthodox and evangelical. It is quite true, part of the viands I have described are sometimes omitted, not that there is either objection to serve or partake of them, but because it is not quite convenient for every one's pocket. After all this, the account has afterwards to be settled with head-ache, heart-ache, gout, liver-disease, congestion of the brain, and a long list of diseases brought on by a few hours of sensual enjoyment; yet total abstainers from alcohol, and moderate livers, who enjoy good health,

* AN EXCELLENT TRIFLE.—Lay macaroons and ratafia cakes over the bottom of your dish, and pour in as much brandy and sherry as they will suck up; which when they have done, pour on them cold rich cream custard. It must stand two or three inches thick; on that put a layer of raspberry jam, and cover the whole with a very high whip, made the day before, of rich cream, the whites of two well-beaten eggs, sugar, lemon-peel, and raisin wine, well beat, with a whisk kept only to whip syllabubs and cream.

are more the butt of society than those who by such feasts act more like heathens of old than Christians. I have long taken leave of headaches on this score. Eating and drinking only to live, I find, brings me excellent health ; and the satisfaction of having ability to perform the duty God has assigned me brings a better reward.

The following cases show the terrible effects of purgatives, blisters, bleeding, &c. &c. We take in the *Lancet* and the *Medical Journal*, and not a number of these journals comes out but describes cases who have so clearly sunk under the effects of their anti-vital remedies that it is astounding to see such practices persisted in.

“KILLING NO MURDER.”—The case which I give below was published by Dr. Bright, in a Paper on Jaundice, in the first volume of Guy’s Hospital Reports, and it is a counterpart of the cases quoted by Dr. Alison. It strikingly shows the barbarity of the present authorised mode of treatment by surgeons and physicians. There is no principle of scientific knowledge shown in the treatment of such cases ; but, on the contrary, the patients are seen by them sinking under their hands, day by day, as the vital powers of the body are gradually sapped by the bleeding, blisters, and purgatives, which gradually destroy the nervous vitality, until nature kindly takes the poor tortured sufferer out of their hands. The physic in this case first brings on jaundice, by constantly causing nausea, which ipecacuanha is intended to produce. Then when it is found that the liver does not act, to make it do so, the strange plan of further weakening it by drawing fourteen ounces of blood from that region is adopted ; this and the doses of physic effectually take away all chance of restoration. And it is striking, how, day by day, as such outrages were perpetrated on nature’s laws and common sense, first one organ and then another ceased to act, until a cruel and agonising death released the poor sufferer.

“CASE 4.—Sarah —, aged twenty-eight, was admitted into Guy’s Hospital as a surgeon’s patient, on the 6th of August. She was a married woman, and had borne two or three children, but had latterly been separated from her husband, and was said to be much addicted to drinking. As she had sores of a very suspicious character, she was ordered to take sarsaparilla three times a day, with five grains of compound of ipecacuanha powder, and of the Plummer’s pill, every night, which she continued for a considerable time. On the 13th of November, I was requested to take charge of her, as she was apparently very ill ; had been complaining of abdominal pain for the last week ; and during the last two days had become jaundiced. I found the bowels rather confined ; urine tinged with bile ; pulse moderate, but quick ; slight tenderness at the pit of the stomach. (Fourteen ounces of blood were ordered to be drawn by cupping from the region of the liver ; the belly to be fomented ; five grains of mercury with chalk to be taken immediately, and half an ounce of castor-oil four hours after, and to be repeated until the bowels should be relaxed.) 14th.—There is still some tenderness on pressure at the pit of the stomach, and accelerated pulse. (Fifteen leeches to the pit of the stomach ; the mercury with chalk, and the castor-oil, to be repeated.) The yellowness increased ; the stools continued of a pale clay colour ; the tenderness of the upper part of the abdomen continued. It is unnecessary to give a detail of all the daily symptoms. Cupping, mercurial purges, and blue pill, with fomentations, were continued ; and during ten days no very remarkable change occurred.

(*The woman must have had a strong constitution, and a considerable degree of vital force, to stand all this as well as she did.*) 24th.—Slight tenderness over the whole abdomen; colour very intense; pulse 96, small, and rather sharp; respiration, 27; bowels confined; thirst; occasional sickness; and occasional pains in the abdomen, much relieved by the fomentation. (*Mark the relieving effort of our plans in such cases; why was it not continued when it gave relief?*) 28th.—She generally prefers the sitting posture in bed. Lips dry? tongue moist and red; some sluggishness in her mode of speech, and a plaintive tone (*no wonder*); pulse 88; no sickness; six or seven loose dejections. (Twelve leeches to the pit of the stomach: a linseed ointment to the belly.) 29th.—One copious lumpy white stool. Pulse, 96; slight tenderness of pit of stomach; respiration tranquil; tongue moist, but more red at the edges. December 1st.—Her pupils are rather dilated; her mode of utterance is dull and indistinct; complains of loss of power in the left hand; the right hand is already disabled by disease. 2nd.—Is lying on her right side, drowsy, with her legs drawn up, moving her left hand with a kind of jactitation, often raising it to her head; she is capable of being so far roused as to put out her tongue when pressed to do so. Tongue moist, and red at the edges; the pupils are dilated. (A blister to the crown of the head; a cathartic enema). 3rd.—Yesterday evening she was screaming loudly, with her tongue protruded between her teeth. To-day she is in a state of perfect coma, with the eyes turned up. She is incapable of being roused, and has taken no nourishment or medicine since yesterday. She died the following day."

Mark, not one single application was given with a view to nutrition; it was all fire and sword against the frame, until it succumbed to the superior force, skill, and science brought to bear against it; and all this done in clear contradiction to the Faculty's own discoveries,—that the life of the body exists in the nervous vitality, the *vis vitæ* of the ganglionic system, or nerves of nutrition. They say, whatever lowers this brings on disease and death, and yet they lower this power with a promptitude and with as steady an aim as a rifleman does his gun, and with as fatal an effect. I give the following case in Queen Elizabeth's time, of the Earl of Derby, which shows that the identical mode of action was then in use as now—the same war to the knife against the delicate wonderful structure of the human frame. The doctors, however, had not then made the discoveries of the functions and nature of the nervous system, which are now so clear: and consequently, they are entirely unjustified at the present time in using the barber-surgeon's mode of practice.

THE FOLLOWING IS QUOTED FROM ILLUSTRATIONS OF BRITISH HISTORY, by Edmund Lodge, and shows that the practice of killing by bleeding, blistering, and physic, was exactly the same in A.D. 1594, as the previous quotation shows it is now in A.D. 1858, as practised by the "Qualified" in our own days. It does not appear that there has been any variation in the 264 years, except that medical professors, in our day, do not attribute the failures to witches, but to the want of the power of life, which their treatment so effectually destroys

"*Indorsed*, 'TOUCHING THE DEATH OF THE EARL OF DERBY, APRIL, 1594.'

"The 5th of April, 1594, his Honour fell sick at Knowsley; on Saturday he returned to Lathome, and feeling himself worse, he sent to Chester for one Dr. Case, who, the week before, had given physic to

his lady. On the Sunday his Honour had cast seven times before the doctor's coming; the colour of his vomits was like soot or rusty iron; the substance gross and fatty; the quantity about seven pints; the smell not without some offence; his Honour's water, in colour, substance, and smell, not unlike his vomits. The same night he took a glisten, which wrought five times. On Monday morning he took one drachm of rhubarb, and half an ounce of manna, in a draught of chicken broth, which wrought nine times. On Tuesday, because of his continual bleeding by vomits, he was most instantly intreated to be let blood, yet by no means he could be persuaded thereunto; therefore, that day, only fomentations, oils, and comfortable plaisters were applied. On Wednesday, by the appointment of all his doctors, he took another glisten, which wrought six times; and on Thursday he took another purge, which wrought with great ease nine times. The same night he took some diascordium, which somewhat stayed his stomach from vomiting, the which never ceased, more or less, in all the time of his Honour's sickness. On Friday he took a diaphoretic, or a medicine to make him sweat; but he could not sweat, although internally and externally all helps of art were used. That night his water stayed on a sudden. On Saturday all means were used to provoke water,—as a glisten, drinks, fomentations, oils, poultices, plaisters, and syringes,—but nothing prevailed; on Sunday and Monday a catheter was used, which the surgeon often sucked, but no water appeared. On Tuesday nature declined, and his Honour most devoutly yielded his soul to God.—(And so he got out of the hands of the doctors.)

"In all the time of his sickness he had fifty-two vomits and twenty-three stools. The original cause of all his diseases was thought by the physicians to be his long and over-violent exercise, which his Honour took four days in the Easter week, wherein he vehemently distempered the whole state of his body. His Honour's diseases were apparently vomiting of rusty matter and blood, yellow jaundice, swelling of the spleen, melting of his fat, staying of his water, the hiccough. His Honour took Beza stone and unicorn's horn."

[It appears the doctors were so confident in their mode of practice, that they could only account for its not succeeding by attributing death to witchcraft: a council was called in, and the following report drawn up.]

"A brief of such Reasons and Conjectures which caused many to suppose his Honour to have been bewitched."

"1. On Thursday night, being the 4th of April, 1594, his Honour cried suddenly in his sleep, started out of his bed, sought his lady, whom he thought in a dream to be dead.

"2. On Friday, in his chamber at Knowsley, about six o'clock at night, there appeared a man, tall, as he thought, who twice crossed him swiftly; and when he came to the place where he saw him, he fell sick.

"3. The same night he dreamed that he was stabbed to the heart, and wounded in many other places of his body.

"4. There was found in my Lord's chamber, by one Mr. Hallsall, an image of wax, with a hair drawn through the belly thereof, as he reported upon his oath.

"5. One Jane, a witch, demanded of one Mr. Gowleborne, his Honour's secretary, whether my Lord felt no pain in his lower parts,

and whether as yet he made any water ; and at that very time, as it is thought, his Honour's water stayed.

"6. All physic wrought well, and yet he had no ease ; his diseases were many, and his vomits violent, and yet his pulse ever remained good and perfect.

"7. He himself in all the time of sickness cried he was bewitched.

"8. He fell into a trance twice, not able to stir head, hand, or foot, when he should have taken physic.

"9. In the end he cried out against witches and witchcraft, reposing his only hope of salvation upon the merits of his blessed Saviour.

"10. One of the witches having said well the Lord's prayer, and being forced to call upon the name of Jesus, that if she had bewitched his Honour, she might not be able to say it, again before the examiners she said all well, till she came to *Dimitte nobis debita nostra*, which by no means she could say or repeat, although it was often rehearsed to her." (*Whether or not they burnt the witch is omitted.*)

"THE CASE OF MR. STAFFORD, M.P.—(Communicated to *The Morning Star*, Nov. 28, 1857.)—The premature and sudden death of Mr. A. Stafford is suggestive of so many painful reflections, that I am prompted to analyse in detail the medical evidence adduced at the inquest, and to inquire whether it is not possible, by the adoption of a more rational system of medical treatment, to ensure more happy results, and to avert the recurrence of similar exhibitions to that which preceded the death of the lamented member for Northamptonshire. It is indeed sad to think that there should exist such glaring differences of opinion between medical men, and sadder still to know how many valuable lives are lost through the ignorance which prevails on the subject of the healing art. I must, *in limine*, disclaim any intention of uttering a single word that could reflect in the least upon the skill of Dr. Griffin, whose attention to, and anxiety for, his patient seems to have been unremitting. In fact, the verdict of the coroner's jury exonerates him, individually, from all blame. It is the system of medical treatment that I would take the liberty of examining.

"With this object in view it is necessary to recapitulate portions of the evidence elicited at the inquest. Respecting the previous state of Mr. Stafford's health, we are told by his servant, Michael Naughten, that, with the exception of two attacks of illness, which together lasted not more than two hours and a half, it had been 'very good' during twenty-three years which he had lived with him. On Wednesday afternoon, the 4th of November, about three o'clock, Mr. Stafford complained of a pain in the lower part of the stomach, and said he feared that 'nasty old pain' was returning again. It became worse up to five o'clock, when Dr. Griffin, of Limerick, was sent for, and he arrived at Cratloe at half-past six o'clock. He bled Mr. Stafford, and prescribed for him, leaving Cratloe between eight and nine o'clock. Michael Naughten looked into his master's bedroom about eleven o'clock, and saw that he was 'breathing very hard, much more so than usual. He was snoring at the time.' This was unusual, and he adds :—'On different occasions for the last sixteen years I was in the habit of going into his room, but I never could open the door without awaking him.' Michael Naughten again visited his master at two o'clock a.m., when he found him asleep 'lying on his back, and breathing harder than before.' He did not awake him, as he thought

it was all right, and was delighted to see him asleep. At five o'clock in the morning, Mr. Stafford walked to Naughten's bed-room door, which was within a yard of his own, and called out, 'Get up; my arm is bleeding.' Naughten tied up the bleeding arm of his master, who, after a few minutes, relapsed into the sleep of narcotism. Michael Naughten roused the other servants, and sent immediately for Dr. Griffin, who arrived at Cratloe between seven and eight o'clock in the morning (November 5). He endeavoured to arouse his narcotised patient by forced walking, for 'about a quarter of an hour.' Naughten says, 'We could not keep him awake by walking any longer.' Dr. Griffin then ordered him to be put sitting in a chair, and told us to slap the soles of his feet. We put him on the bed for the same purpose. The thing next to hand was a razor-strop, which Dr. Griffin got himself, and slapped the soles of his feet for about twenty minutes. By hitting him two or three strokes on the sole, he would open his eyes, look around, and then fall asleep again. I think the doctor took the slapping to himself for the first twenty minutes, but then his hands got blistered, and he could not continue to hit him hard enough, for he was getting heavier asleep. I then strapped him with the razor-strop until the handle broke, when we got the carpenter to make battledores about eighteen inches long, four inches wide, and half an inch thick. These were made of deal. We broke about a dozen of them. We were slapping him with these almost all the time on the soles of his feet. We tried the palms of his hands and the calves of his legs, but that had not the effect of keeping him awake, and we had to go to the soles of his feet again. These got quite sore, and the skin came off. He would shake his leg sometimes, and draw it back from the person who would be hitting him, and then fall asleep once more. We were obliged to hit him hard enough to make him feel it all over. He would sit up in the chair, in spite of two men that would be holding him, and he would be scarcely up until he would fall asleep again. We continued beating him from about eight o'clock in the morning until between eight and nine o'clock at night. Five men took part in the beating, relieving each other. The doctor was present during the whole time. It was by Dr. Griffin's directions the beating process went on. When we gave up the beating, he seemed more lively. He used to stand up sometimes, and walked about once, and then fell into bed again. The dozen boards that were broken were fractured by the force of the blows that we gave him. When we ceased beating, he was put into bed by Dr. Griffin's directions, and in his presence. The doctor asked me, when he came in the morning, whether I had given my master the powder and the bottle he directed? I told him that I had not, and he said, 'I am very glad that you did not.'

"Dr. Griffin sent for Dr. Wilkinson, of Limerick, who arrived at Cratloe about one o'clock, and left about three or four o'clock. Dr. Wilkinson, after consulting with Dr. Griffin in the next room, sat down and looked at Mr. Stafford, and said, 'Beat him hard.' Dr. Wilkinson told Naughten that his master had got 'an over-dose of laudanum.' Dr. Griffin remained at Cratloe all Thursday, and left next morning, November 6th, about nine o'clock. Michael Naughten sat up with his master all Thursday night, and visited him about twenty times. Mr. Stafford slept and started alternately during the night, breathed very hard and snored; he was always nodding asleep and snoring up to the time of his death.' Mr. Stafford left Cratloe on Tuesday, the 10th of November, and slept that night at Limerick,

and arrived in Dublin on the following day, Wednesday, at four p.m., his journey by rail having occupied four hours and a half. After 'nightfall' of this day, he was visited by Sir Henry Marsh, whose evidence we will defer until we have heard that of Colonel Herbert, M.P., the Chief Secretary for Ireland, who says:—'I was a very intimate friend for many years of the late Mr. Stafford, and visited him during his recent illness in Dublin. . . On last Thursday, November 12th, about twelve o'clock I received a letter from him, in which he stated that he had been dangerously ill, and that it was doubtful whether he would ever recover. . . When I arrived, he was lying on a chair in his room, with his feet on another chair. His servant was dressing the soles of his feet. The first sound that I heard was a groan of pain, from his servant apparently touching his foot. I was much shocked with his appearance. He described the agonies he had suffered during the treatment, and was certainly convinced that the cause of his death was the treatment to which he had been subjected. I attended him to the last, and was present on Sunday evening (November 15th), when he died. He gave me to understand that he had suffered very acutely from the pain of the disease, but he alluded more particularly to the pain of the beating.'

"Let us now examine the evidence of Sir Henry Marsh, who says:—'Upon this day week, Wednesday last, November 11th, I first attended him. I saw him about seven o'clock on that evening. He was up, but in a state of extreme debility. At the moment I saw him, I felt certain that he had travelled too soon. He was not fit for such a journey as from Limerick. He had great difficulty in getting up stairs.' May this not be accounted for, in a great measure, by the state of Mr. Stafford's feet, which Colonel Herbert describes; and which he saw on the day following Sir Henry Marsh's visit? 'I have a strong impression,' continues Sir Henry, 'that the violent and agonising pain complained of in the original attack arose from gall-stones. I suspected it during the life-time of Mr. Stafford, but had no proof of it until the post-mortem examination, during the whole of which I was not present, but at quite sufficient to form that opinion. The gall-stones were in the gall-bladder, and I am led to think that one had commenced to get into the duct, and caused the great pain.'

SPLEEN.—The spleen, or milt, is a spongy viscus, of a vivid colour, and so variable in form, situation, and magnitude, that it is hard to determine either. Nevertheless, in a healthy man, it is always placed on the left side, in the left hypochondrium, between the eleventh and twelfth false ribs. Its circumference is oblong and round, resembling an oval figure. It is larger, to speak generally, when the stomach is empty, and smaller when it is compressed or evacuated by a full stomach. It is connected with the following parts:—1. With the stomach, by a ligament and short vessels. 2. With the omentum and the left kidney. 3. With the diaphragm, by a portion of the peritonæum. 4. With the beginning of the pancreas, by vessels. 5. With the colon, by a ligament. In man, the spleen is covered with one simple, firm membrane, arising from the peritonæum, which adheres to the spleen very firmly by the intervention of cellular structure. The vessels of the spleen are the splenic artery coming from the celiac artery, which, considering the size of the spleen, is much larger than is requisite for the mere nutrition of it. This goes, by serpentine movements, out of its course, over the pancreas and behind the stomach, and, after having given off branches to the adjacent parts, it is inserted into the concave surface of the spleen. It

is afterwards divided into smaller branches, which are again divided into others yet smaller, delivering their blood immediately to the veins, but emitting it nowhere else. The veins, at length, come together into one, called the splenic vein; and having received the larger coronary vein of the stomach, besides others, it constitutes the left principle branch of the vena portæ. The use of the spleen has not hitherto been determined; yet, if its situation and fabric be regarded, one would imagine its use to consist chiefly in affording some assistance to the stomach during the progress of digestion. (See page 360.)

STRYCHNIA, which is now so commonly prescribed by doctors, produces terrible effects, and is never used without permanent injury. We have had many cases come to us for relief after having taken strychnia, but I believe the effects are incurable; the involuntary spasmodic action caused by the drug is distressing to witness; and, as to curing any disease, it must be plain to any ordinary observer such strong poison cannot aid the work of nutrition. The medical men know this, yet go on prescribing it, as will be seen below.

“Lavinia Ann Francis, aged sixteen years, the daughter of a medical practitioner, died under very sudden and mysterious circumstances, from strychnia. The deceased was a daughter of Mr. William Lyndon Francis, one of the medical officers of the Stepney Union. On the night of the 5th inst., the deceased, who had been in good health and spirits, retired to rest with her younger sister. On the following morning, at seven o'clock, the deceased got up as usual with her sister. The latter repaired to the kitchen, and the deceased proceeded to the drawing-room, to perform their usual domestic duties. Shortly before eight o'clock the deceased ran down-stairs into the kitchen, and told her sister that she had cramp pains all over her. Her father and mother were called, and the deceased was placed upon a bed, where the symptoms she was labouring under became so alarming that the parents sent for Mr. Olding, and other medical gentlemen, who adopted remedies for hysteria, but she expired in about two hours afterwards. Mr. Thomas Orton, surgeon, of White Horse Street, Stepney, said that he was called to see the deceased on the morning of Monday, the 6th inst., about a quarter past nine o'clock. He found her lying upon a bed, partly undressed. She was suffering from violent convulsions, and was quite sensible at intervals, when the paroxysms had subsided. She frequently called out ‘Keep me down,’ and her whole body was vibrating with spasm. There was great congestion about the chest, neck, and face, and deceased had had three convulsions. The face was livid, and of a leaden hue. When witness touched her, it seemed to bring on the convulsions. Her jaws were fixed, and her eyes were ready to burst from her head. The pulse was jerking fiercely. The father of the deceased suggested bleeding, which was not admissible. Remedies were administered when the fits ceased, and there were symptoms of lock-jaw. Deceased afterwards had another fit, and then swooned away and became tranquil, and died in about a quarter of an hour. The medical attendant said, I have no doubt the deceased died from the effects of strychnia. The quantity found in the stomach was very small, but that was not a matter of moment, as it was over and above what had been absorbed into the system, so as to cause death. Strychnia is a medicine, and is used in every surgery. The twelfth of a grain would be a large dose for a girl of that age. A quarter of a grain would have killed her, if administered in a single dose. The effects of the poison came on in a

quarter of an hour.—Mr. Robinson, the assistant-surgeon to the Stepney Union, was next called, and said strychnia was not sold as a poison, but was kept for medical purposes in old chronic cases. Witness asked Mr. Davis, who assisted in the dispensary at the work-house, whether strychnia was kept in the surgery, and he said, ‘Yes;’ when he showed witness a small bottle, which had been kept in the cupboard of the room where the medicines were made up.”

WINTER LIFE IN AN ENGLISH WATER CURE ESTABLISHMENT.

*(Extracted from the Water Cure Journal, by R. T. Trall, M.D.,
New York, January, 1863.)*

Is there any sensation of physical comfort equal to that experienced on a cold winter's morning, when you become again conscious of existence an hour or so before it is time to rise? What a perfect paradise of ease and pleasure bed is on such occasions! What a dreamy, delightful feeling you have, as if all the world were going well with you; a calm, unruffled state of mind, unlike anything else you ever experience. No matter how uneasy and restless a being you may be during the rest of the day, a spell is over you then, and you lie quite quiet, while, one after another, dreamy phantoms of pleasure or beauty float through your mind. Now, if you wish for a frequent recurrence of these delightful sensations, go to the hydropathic establishment at Matlock Bank. It is a proverbial fact that patients there always wake early; and, as you cannot get up until your attendant comes, you may lie in perfect comfort, only the scramble at last to be ready for breakfast forms a sad contrast. The bell announces that social meal at half-past eight, and if you are not in time to hear “grace” you are “boxed,” that is, the butler sets down on the table before you—always taking care to give it a good rattle—a pretty little wooden box, in the form of a book, entitled “Bible and Temperance Societies,” into which you have to slip a penny. Now, very likely it may be your attendant's fault, but as the use, at meal times, of all words relative to the curative processes of the establishment is also a finable offence, it is generally wisest not to enter into an explanation.

Would you like to glance at a few of the company around that long, pleasant breakfast-table? They don't look very ill, and certainly their merry, kindly “good mornings” do not sound as if they were. The lady who presides at the top row is Miss S., a bright, laughing girl, whose floating curls and beautiful, gladsome face are quite enough to prevent any gentleman from complaining of his tea, however weak it may be. To her left sits kind old Captain P., now the veteran of the establishment (he has been there seven months), and who always knows what sort of weather the day will produce; next, Mr. F., a gravel-looking gentleman, but with much quiet fun about him; next, the somewhat majestic form of Miss C., a Scotch lady, whose slightly haughty manner hides a heart all kindness, as her quiet, unostentatious attentions to Mr. R., the blind gentleman who sits by her, plainly show. His is a face that, once seen, is not easily forgotten—not handsome, but open and manly, and bearing on it fewer traces of his affliction than is usual with blind persons. Nor must we forget Mr. W., whose kindly, witty sayings give so much pleasure to all, and his daughter, Miss W., who is playfully and lovingly called Florence Nightingale, from her unremitting attentions to all who require them; and Mr. J., an Inde-

pendent minister, from whose thoughtful and earnest countenance you would little suspect the hearty and genial appreciation of merriment that lies underneath ; nor Mr. M., a kind, fatherly member of the Society of Friends, and his bright, sunny daughter. These, and about thirty others, composed the circle at Matlock Bank at the time of our visit, and a more kindly, agreeable party you might go far without meeting. Sojourning there a while is like enjoying the pleasure of a social evening party, lasting over days and weeks, without any of the stiffness consequent upon sitting around a room in prim order.

After breakfast and prayers, some one calls out, "Oh, there is Mr. P. with the letter-bag !" All flock to a table at the end of the long saloons, where its welcome contents are distributed. Oh, the anxious, expectant faces that cluster around that table ! It is a pleasant thing to receive letters of friendship, and especially so when you are, as it were, in a measure shut out from the rest of the world. Miss S. has one from a gentleman who has just left, and she favours a group in one of the recesses with a perusal ; and it is curious to note how he feels in again entering into the great world.

Very various are the employments of the morning. Some visit the invalids up-stairs ; some repose luxuriantly on the sofas which surround the saloon ; others prefer those in the verandah, as from thence they have a grand view of the bold abrupt hills rising from the opposite side of the valley. But, as it is not consulting day, and the sun is now shining forth in all his glory, most sally out, either on foot, on donkeys, or in carriages, to enjoy the surrounding country—and, indeed, it is worth viewing. Never in our life did we witness so much natural beauty in winter time. The intensely green fields, the dark foliage among the clefts of the grey rocks, the hills, which, as you ride along the Darley Road, seem to rise up before you one after another, the picturesque, moss-covered cottages, bearing upon their roofs and walls the richest varieties and combinations of green, amber, and brown ; the quiet, green, mossy-sided lanes, with here and there a beautiful little spring gushing out on either side, and across which the tall, leafless trees cast their beautiful grey shadows—all these are among the delights that meet you in the shortest strolls, to say nothing of the authentic and well-known beauties and wonders of the Peak.

We meet again for dinner at half-past one, and recount the adventures and experiences of the morning. Those gentlemen who have spent an hour in the library, of course, tell us whether there is any fresh news from India, the state of the money market, &c. ; and we listen to all these things as very interesting, but not as having the remotest connection with anything in our little world, any more than if they were about the Otaheitans or New Zealanders. There is a vacant chair near the top of the table, and presently Mr. J. walks up, and has no sooner taken his seat than the box is energetically bounced down before him.

Mr. J. : "I shall not pay to-day."

Mr. R. : "Why not ? It is a clear box case. Why, you are ten minutes behind time ; and I am sure that is a good pennyworth !"

Mr. J. : "I was left asleep under peculiar circumstances, and therefore I have had no possible control over the matter." (He was asleep in a pack.)

Soon the proprietor of the establishment, Mr. S., who, with his wife, dines there to-day, gives a long dissertation on the "abominable practice of smoking." Most of the gentlemen join in the conversation on the subject ; and it is curious to remark the various ingenious little

sentences which they contrive to slip in in exculpation of the captivating habit. Mr. Z., a German gentleman, quietly remarked, "It makes a *great* difference what *kind* of tobacco you smoke." Mrs. S. edified our end of the table with an account of a poor Irishman in their free hospital, who was one day taken in the act. He had imagined himself quite secure, having inserted his head in a bush, forgetting that the smoke of his beloved pipe would have an upward, expanding tendency.

After dinner the secretary reads a chapter in the Bible ; and then the twenty minutes' law prevails—that is, you may not exert your mental faculties in any way during that space of time ; neither read, write, nor work ; so there is nothing left but to sit and chat, and look at one another. The spirit of this law is, however, sometimes evaded ; for instance, Miss W. has been known to occupy the time in teaching poetry to Mr. R., the blind gentleman.

There are several snug recesses, each fitted up with two or three sofas, and, you may be sure, many cosy parties for reading and working are formed in them. Those in the verandah are especially pleasant, as you can lie and watch the setting sun sinking behind the hills among the golden clouds. Toward the end of the afternoon the piano is in great requisition, though, as only sacred tunes are allowed to be played, the choice is rather limited, unless you take the view of Mr. Z., the German, who is quite an amateur, and who, upon being informed of the rule, replied, in his quiet, slow way, "All music is sacred !"

At a quarter to five the letters go, and tea, or the evening meal, as it is termed, is on the table punctually at six, when again a kindly interchange of talk takes place.

"Mrs. B.," says Mr. C., "what do you think my little girl asked me to-day ?—'Papa, is it part of the creed of the Quakers always to hold their bread-and-butter in their left hands ? for I have noticed that all those who are here do it.'"

A merry laugh resounds at the expense of the "Society," though, of course, *we* repudiate the accusation ; and the laugh is soon after turned against Mr. C. himself, who, in support of an argument, is led unwittingly to assert that golden syrup is not a liquid, upon which Miss N. inquires, "Is it a gas then, Mr. C. ?"

The evening is passed very similarly to the afternoon, only that the more volatile ones sometimes have a game of "post," in the verandah, and their ringing laughter forms an interesting though not very edifying chorus to any grave reading that may be going on in the recesses.

Evening prayers take place about a quarter to nine, and you are obliged to go to bed at ten. This is the only disagreeable feature in the regulations of the establishment ; there is something decidedly antagonistic to your feelings as Englishmen in being sent off, *volens volens*, just like a child ; and it is all the worse from its great contrast to your perfect freedom during the rest of the day. A few minutes before ten you are sure to hear the secretary's boots beginning to creak about the apartment ; and, no matter what important subject you are discussing, or how near you may be to the end of a chapter, just as the clock strikes he is sure to walk up to you with—

"Ladies and gentlemen, it is ten o'clock ; I shall be much obliged to you to go to bed."

"Well, but," remonstrates Miss M., "won't you let us stay a little longer to-night ? We only just want to finish this life of Ximenes." And Mr. J., the reader, after a moment's pause, goes on again.

Mr. P. : "The rule is not of my making, and I cannot alter it."

Miss M. : "It is a bad rule, I am sure."

Miss N. : "Don't you think, Mr. P., that it must grievously retard the cures effected here ; for nothing is so bad for people, when they are not well, as having their inclinations crossed."

"Yes," chimes in Miss W. ; "and looking at it in a *moral* point of view, just think of the harm it must do us to be sent to bed every night in a bad humour."

Mr. P. : "I cannot help it !" By this time all the other lights are out, and Charles, the night watchman, is just coming to extinguish yours also."

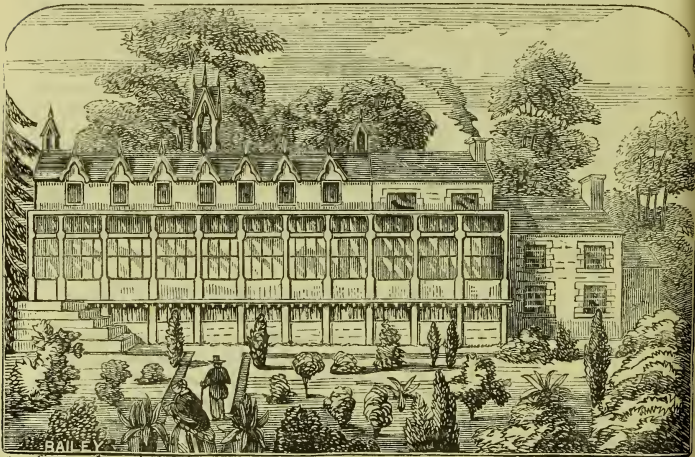
So, at last, you are forced to yield, night after night. True, you can come down again after Mr. P. has left, and enjoy a delightful chat by the fire in the gentlemen's room, which, according to theory, is all the sweeter for being a forbidden pleasure ; but, to our mind, the sort of culprit feeling which makes you hear boots in the step of a mouse is anything but agreeable ; besides, it would cost Charles his place were it known that he did not report you, therefore it is best to remain in the higher regions ; and, if you cannot sleep, you may lie awake and listen to the creaking of the steam-pipes by which the house is warmed, and all the other singular noises with which night is prolific.

B. B., of Birmingham, England.

THE CAUSE OF SUDDEN ATTACKS of fever, inflammation, dropsy, apoplexy, paralysis, and other diseases, is owing to a simple principle. From improper diet, stimulants, tobacco, over-fatigue, or anything which causes indigestion, the mucous membrane lining the alimentary canals becomes inflamed and in a diseased state. All food taken while the organs are thus incapable of performing their natural offices does not afford proper nourishment to the body, but supplies an imperfectly prepared material to supply the waste always going on, and which the nutritive powers of the body will supply with unhealthy material, when good cannot be had ; otherwise, if the organs could not supply any material except when in a perfectly healthy state, life would soon be brought to an end on every fit of indigestion. The Creator, however, has endowed the body with a conservative power and great powers of endurance, before it succumbs either to unhealthy aliment or the vicissitudes of climate or mental pressure ; but there is a limit to this power of endurance, and in some more than in others. Here again, however, we see the beneficent care and the justice of God ; for it is notorious that those who have been brought into the world with slight or delicate frames often live out many stronger persons. The explanation is this : the delicate sooner feel the effects of inflammatory action in the mucous membranes ; they are sooner brought to a stand ; they are reminded of danger sooner, and take measures of precaution, by taking rest, stopping the supplies, or moderating them, until the organs have had time to recover ; they cannot bear the deranged state which stronger persons can. Thus it follows that the stronger frames can bear up longer, and often *appear* in fair health, when in fact it would be seen by the state of the fauces and the tongue, the lips and the eyelids, that there is that amount of inflammatory action in the mucous membrane linings, that only requires the exciting cause of some excess, either in over-fatigue or diet, to concentrate the storm on the weakest part of the frame ; and even then, such is the conservative power inherent in the frame, that the disease is thrown off by fever, inflammation, dropsy, &c. ; but, from the unnatural, cruel treatment in physicking, blistering, setoning, and the many ways of attempting to drive out the disease, the body is left a wreck. The

contrast in the treatment of the body by these means, and the gentle hydropathic plans, will soon commend Hydropathy to all thinking, unprejudiced persons. Mucous inflammatory action precipitates disease on vital organs, when they have been weakened by its continuance, and no longer able to resist the sympathy with the diseased parts.

EMETICS.—In Hydropathy practice we never attempt to produce sickness; on the contrary, we endeavour, by our gentle applications, to get the organ to act with vigour to pass its contents in the natural channel, and we withdraw morbid or inflammatory matter principally through the skin; thus the stomach and other alimentary organs are not only left uninjured, but actually strengthened.



SECOND ENLARGEMENT OF INSTITUTE.

A PSALM OF LIFE.

TELL me not, in mournful numbers,
"Life is but an empty dream!"
For the soul is dead that slumbers,
And things are not what they
seem.

Life is real! Life is earnest!
And the grave is not its goal;
"Dust thou art, to dust returnest,"
Was not spoken of the soul.

Not enjoyment, and not sorrow,
Is our destined end or way;
But to act, that each to-morrow
Find us farther than to-day.

Art is long, and Time is fleeting,
And our hearts, though stout and
brave,
Still, like muffled drums, are beating
Funeral marches to the grave.

In the world's broad field of battle,
In the bivouac of Life,
Be not like dumb, driven cattle!
Be a hero in the strife!

Trust no Future, howe'er pleasant;
Let the dead Past bury its dead!
Act—act in the living present!
Heart within, and God o'erhead!

Lives of great men all remind us,
We can make our lives sublime,
And, departing, leave behind us,
Footprints on the sand of time;

Footprints, that perhaps another,
Sailing o'er life's solemn main,
A forlorn and shipwrecked brother,
Seeing, shall take heart again.

Let us, then, be up and doing,
With a heart for any fate;
Still achieving, still pursuing,
Learn to labour and to wait.

LONGFELLOW.

THE HUMAN BODY ; ITS STRUCTURE AND FUNCTIONS.

THE limited space I shall take in this book will not allow me to quote the standard works on physiology to the extent I wish. I shall, however, endeavour to give ordinary inquirers a pretty general idea of the subject of which I treat, and add a list of works for those who wish to enter more minutely into the study of these matters.

Having no professional character at stake, as I have not "qualified" at Surgeons' or Apothecaries' Hall, I can make use of terms that otherwise would expose me to ridicule. There is in this an advantage to my readers, unlearned in the scientific language of the medical schools, as it enables me to speak in terms they will understand.

We read in the Bible that man's body was made out of the dust of the ground, and we find in this earthy compound from six to seventenths of gas and water, the remainder silica or flint and salts ; so that in the course of a few years after the death of the body, there is nothing left but a small quantity of dust. "Then shall the dust return to the earth as it was ; and the spirit shall return unto God who gave it." The gas and water having risen into the atmosphere comes down in rain and moisture, and being absorbed by vegetation again enter into the composition of human bodies, through the vegetable products of the earth. The very bodies we now occupy may, and most certainly do, contain some portion of the very materials that have formerly constituted other human bodies, as nothing here can be annihilated until the final destruction of all things in and on the earth. (See page 205.)

The spirit or immortal life, however, was, we read, breathed into man's nostrils by the Almighty Creator, "*and man became a living soul,*" to live in, and out of the body for ever. We have here commenced an existence which is but the dim shadowing of the glorious state that is to follow, when this earthly tenement of the spirit is changed for one "incorruptible, undefiled, and that fadeth not away." This soul, or spirit, which dwells in and actuates our earthly frame, performs its movements by the nervous system, which may be aptly termed an electric telegraph apparatus.

The nerves of the special senses—viz., touch, taste, smell, vision, and hearing ; the nerves of swallowing and breathing ; with the nerves of motion and sensation, are the three highest orders of the nerves, and are called the spinal cerebral. The fourth order consists of the nerves of the organic or nutritive system. (See pp. 151, 278—283.)

In the spinal marrow the nerves of motion and sensation take their rise, and run together to every part of the frame where motion and sensation exist. A motive nerve will not act, unless accompanied by a nerve of sensation, which performs the office of stimulating that nerve, or conveying its message for action. A continuation of the spinal marrow, just within the skull, is called the *medulla oblongata*, from which, and a little farther in the base of the brain, the nerves of the special senses of sight, smell, taste, swallowing, breathing, and hearing, have their origin ; these nerves, or telegraph wires, proceed to the organs to which they are made to give action. All the nerves of motion, sensation, and special sense are connected with, and ramify into the *cerebrum*, or upper part of the skull ; this is the supposed

battery where the nervous energy, or electricity, is concentrated for the mind to apply or use as it is wanted ; just in the same manner as the battery is kept charged for use at the electric telegraph station.

The *cerebellum* at the back of the skull is considered to be more especially the battery for some of the nerves of special sense. These three orders of nerves of motion, sensation, and special sense are called the true spinal *cerebral* system. They are of the highest order ; and their office is entirely confined to the operation of the mind over the body, except in involuntary acts, the eyelids, lungs, and heart being independent of the will. Just as these nerves, or telegraph wires, are kept in a healthy state depends the power of the soul to give expression to its will. Precisely as the cerebral nerves of an infant on its entry into the world are developed, so is the power of the soul within to give expression to the will. If, on the contrary, the cerebral nerves be defective, the infant grows up with what is called a weak intellect, or idiotic. But those terms are erroneous, as concerning the power of the spirit ; it is not the immaterial spirit that is deficient, but simply the material of the telegraphic battery or its wires. The soul can never know any growth or diminution, naturally speaking, in its powers ; it becomes conscious of new scenes and new ideas : but the powers to receive those ideas are only limited in this state of existence by the perfectness, or otherwise, of the nerves, the medium of communication with external objects. The soul is a divine emanation, and possesses powers only in a much lower degree to those of its Divine Creator. The deep significance of the expressions of the Bible—"And God said, Let us make man in our image,"—"So God created man in his *own* image,"—"And breathed into his nostrils the breath of life," are little thought of or rightly appreciated. With this breath God has deputed wonderful powers to his creatures. How wonderfully man is endowed with the power of putting motion into inanimate matter—into steam engines, for instance, and the great variety of machinery. Then how extensive and illimitable is the range of man's mind, and how far it can soar out of its body, beyond the limits of this globe on which we dwell. It can pursue its course into regions which have not yet been seen, but which it is often compassing in the spirit of thought. When the cerebral nerves are come to maturity in the full-grown person, then we see the soul acting with the full powers which this state of existence permits. The sole difference we see in the mental powers of individuals is owing to the difference and unequal development in the cerebral nerves alone. Thus we find persons, and even families, having a fine development of the head generally possessing great superiority in mental powers. On the contrary, we shall find those individuals with the low, small retreating forehead to be as much deficient in their mental powers ; nor will any amount of labour bestowed upon their mental culture ever succeed in extending or enlarging those powers in any great degree. Again, we shall see some individuals with a large development of the upper part of the forehead and skull, who are by no means clever, yea, sometimes sadly deficient in intellect. These exceptions proceed from some defect in the nervous centres of the base of the brain, which, from the preponderating power given by the large development to the battery of that telegraph of the human frame, causes such individuals to act on impulse without judgment. On the other hand, we shall find others with the small, narrow, low forehead, often evincing great acuteness in business, and sometimes not wanting even in good ideas, but never with extensive thought.

Here the centres in the base of the brain are well developed ; but, for want of a proportionate battery in the cerebrum of such persons to give healthy, sound impulse, they are generally slow to act, and deficient in energy to put their designs into execution.

As old age comes on, the cerebral nerves, with all the organs, begin to lose their power ; and we see the soul, which acted with so much power when the frame was in full vigour, again return to the feeble mental efforts of childhood, simply from decay of the matter of the nerves. I shall notice, in connexion with the next and fourth division of nerves, the injury done to children by too early education, and the over-working of the brain by studious or over-anxious men of business. (See page 71).

I wish, however, not to be misunderstood in these statements with respect to the powers of the soul as being limited by the perfect or imperfect structure of the nervous system in the brain. The Almighty and Beneficent Creator evidently has not made man's happiness, in this or a future state, to depend on the conformation of brain inherited from his progenitors. Such an idea of the Great Creator's Omnipotence would ill accord with the Christian's idea of his infinite goodness. That the power to acquire great knowledge, and to act with vigour, sound judgment, and great foresight, is alone possessed by those who have a harmonious and fully developed brain, and general strong nervous system, is past all controversial doubt ; and so is also the fact, that the highest degrees of temporal and spiritual happiness are by no means unfrequently found to be possessed by those who have little capabilities for great acquirements in the knowledge of this world. God, we often see, takes the weak things of the world to confound the wisdom of the wise, simply because many persons by the world considered weak, and of little account as to knowledge, have applied for and received the teaching of the Holy Spirit, making them wise unto salvation, and giving them the peace which passeth all understanding. And although they are conscious they do not possess high powers of making great progress of investigation in secular learning and scientific pursuits, yet they are perfectly content and happy, knowing that God appoints some, by the gift of great talents, to fill certain positions in life, while He makes others conscious that their want of these high intellectual powers is no detriment to their happiness ; and that soon all who have greater or less talents must give an account of the use made of those talents to a Master who will reward His faithful servants, though ungifted and humble, with a crown of life which shall never fade away. And so our Almighty Creator shows to His creatures that, in all His dispensations, their consummate happiness is His design and intention. For to all "the Spirit and the bride say, Come. And let him that heareth say, Come. And let him that is athirst come. And whosoever will, let him take the water of life freely," that when their task on earth is accomplished, they may realise the apostle Paul's beautiful exposition of the nature of the body and the spirit—"So also is the resurrection of the dead. It is sown in corruption ; it is raised in incorruption : it is sown in dishonour ; it is raised in glory : it is sown in weakness ; it is raised in power : it is sown a natural body ; it is raised a spiritual body. There is a natural body, and there is a spiritual body. As is the earthy, such are they also that are earthy ; and as is the heavenly, such are they also that are heavenly. And as we have borne the image of the earthy, we shall also bear the image of the heavenly."

Next, as to the structure of the spinal cerebral nerves. It will be

seen by Sir Charles Bell's Work on the Nervous System, and likewise by Kirke and White, Marshall Hall, and others, that these telegraph wires are tubes, supposed to be filled with a fluid. When this fluid or its delicate tube or outer sheathing becomes vitiated or injured by vicious living, improper diet, private excesses, but most of all by the use of intoxicating drink, tobacco, opium, &c., the mind, desiring to act, in attempting to send its messages by those damaged nerves or telegraph wires, finds no response. A person with sound healthy nerves determines on an action and performs it with ease and decision, and afterwards the nerves remain at rest until again prompted to action by the force of the will, but not so with the poor nervous hypochondriac : the wires repeat again and again the same impressions first made on the nervous centres in the brain, the soul has lost control over the frame, the soul in fact has got a trembling disordered harpsichord, unstrung and out of tune, and is sometimes so harassed and distressed with unavailing efforts to make it answer to the efforts of the will, that, in despair, it sometimes dashes the whole frame to pieces by a violent death. Without a good knowledge of the nervous system, its structure, functions, and action, no person is justified in undertaking the cure of disease ; and it is of the utmost importance to every person to understand, at least, the outlines of his own system, to be enabled to make the utmost use of his intellectual powers, and to enjoy existence with the high privileges and endowments God has given to man, by bringing the body in subjection to the soul, and thus fulfilling the high purpose of his creation, in glorifying the Gracious and Almighty Author of his being. The nerves proceed from their centres in the spinal marrow and the brain, in bundles, enclosed in sheaths ; and they strike out of the sheaths to their different destinations, as they come near parts to which they are designed to give life and action. Their numbers are incalculable ; as every peripheral point of the frame has its direct and separate set leading to the nervous centres in the spine and brain. They are larger at their origin, and become so fine as they enter the ultimate tissues of the body, that their termination cannot be discovered even with a microscope. There is a beautiful transparent film called the arachnoid membrane, which encloses the spinal marrow, and is continuous over the whole mass of brain ; it also lines the sheaths which enclose the nerves, so that the brain, spinal marrow, and nerves are enclosed in one continuous net-work, in the same manner as the mucous membrane lines the mouth, stomach, &c. This membrane is wonderfully fine, and is moistened with serum, and therefore called one of the serous membranes of the body, in contra-distinction to the mucous membranes lining the mouth, stomach, &c. When the blood is too poor by being vitiated with stimulating drinks, the use of tobacco, severe cold, want of good food or other causes, the serous membrane is short of this lubricating moisture or serum, and, consequently, the nerves move in dry sheaths. This soon tells upon the limbs in motion, and is one of the principal causes of rheumatic pains and paralysis. The more exercise a rheumatic subject takes, the more pain he suffers. I know cases in which persons, having been advised to walk their rheumatism off, have brought on some chronic inflammation in these sheaths, and in the sheaths of the muscles, as to utterly destroy their vitality, and render them hopelessly crippled. Entire rest, proper diet, with our natural means of restoring the nutritive powers to action, are the only reasonable remedies. Blistering and heating lotion applications, by weakening the parts, invariably injure instead of benefiting. Any mode of living which

prevents the blood affording a due supply of serum to these sheaths, affects the brain and spinal marrow, as well as the nerves, and is often a cause of loss of power in the brain and spine, and induces paralysis. Irreparable injury is done to both the brain and spinal marrow by this principle not being recognised in the barbarous treatment of spinal complaints by issues, cupping, scarifying, powerful ointments and lotions, which never did or ever can do anything but ultimate ruin.

It is easy to discover when the brain is affected, by a sense of fulness in the head or other uncomfortable symptoms. And immediately it is pronounced congestion of the brain; leeches, blisters, and aperient medicines are prescribed; further weakening and irritating the already distressed nerves; generally to the death of the poor patient or ruin for life.

The idea that when the head is suffering from a sense of fulness or irritability, it is only necessary to take some of the fluid out by bleeding, cupping, or blistering, is a mischievous, ignorant, and often fatal error, and often lays the foundation of suffering and incapacity for the rest of life. The originating cause of cerebral irritation will, in almost every instance, be found in the stomach, or some other internal part of the body. I have had severe cases of congestion of the brain, with almost entire unconsciousness; and cases of ordinary determination of blood to the head; and even of apoplexy, with loss of memory, which have been restored simply by derivative treatment of fomentation, sitting baths, mustard foot baths, wet sheet envelope, &c. It is to be hoped that the injurious and unnatural system of bleeding, blistering, and purgative practices will be entirely abandoned for these more rational modes of cure derived from natural principles. In the hundreds of cases, comprising every disease and ailment to which the body is liable, that have come under our care (many of which have been given up as desperate before coming to our establishment, or free hospitals), we have never had recourse to bleeding, blisters, or purgatives. The principle we act upon in the treatment of disease, is to endeavour to get the nutritive powers into healthy action, and thereby replace inert, morbid, diseased, or inflammatory matter in the system by healthy substance, which alone can throw off disease and the powers of circulation by removing obstructions in the liver, &c. As it is manifestly impossible to purify vitiated tissue, it must be thrown off and replaced by new, before the body can be at rest.

From this slight sketch of the cerebral spinal nerves, it will be seen what a wonderfully constructed system we possess; and when it is noticed that every voluntary act must first originate in the brain, and that the message has to travel over a considerable extent of the telegraph wire, or nerve, before the act is performed (for the act appears simultaneous with the will,) the speed at which the message must travel passes all calculation. One more observation on these motion nerves before I proceed to the fourth order of organic or nerves of nutrition. From want of a due appreciation of the action and nature of these nerves and their arachnoid covering or sheaths, great and irreparable injuries are often done to the frame by practitioners not only of allopathy, but by the *cold* water doctors. From the previous observations it will be seen how delicate and sensitive the cerebral spinal nerves are; and no severe shocks can be given to them without risk of permanent injury, or death. I am aware, in condemning plunge baths or sea bathing, I am running counter to popular opinion; but faithfulness in the cause of truth is a greater consideration with me than having my statements ridiculed. No one ever uses a plunge bath, or

the sea bath, without risk ; ninety-nine may escape injury, but the next may be ruined for life. The sudden shock to the nerves, and also driving the blood from the surface of the body on the internal vessels, where there may not be power to bear the shock, or return the blood, if not the cause of immediate injuries, lays the foundation of disease which is often developed a considerable time after. I named this to a London surgeon, who favoured me with a visit to inspect my establishment. He corroborated my opinion at once, and said at that time he had an eminent solicitor under his care, who, in going last autumn to the seaside for rest, plunged into the sea as usual with visitors ; which caused congestion of the brain, and a severe and dangerous illness, from which he is now a good deal recovered ; but the effect will be felt for the remainder of life. In the case also of a lady I have had in my establishment, who went well, and in health, into the sea, the shock produced congestion in the lungs and chest. For this, leeches and blisters were applied by her doctor, which, of course, still further lowered the vital powers of reaction, and the result was chronic asthma, of a most distressing kind, from which the lady is now a complete invalid, and a great sufferer, without hope of cure. In the case of another lady, who, in hot weather, went into a cold plunge bath, during a visit to a friend, internal congestion was the result ; and an abscess formed which destroyed her.

Errors are also of frequent occurrence by the reflex action of the nerves not being understood. A lady has recently been at my establishment, who went under a celebrated professor of physic in Edinburgh, for pain in the lower part of the spine ; this, he told her, was merely rheumatism, and would soon be cured ; he ordered rather severe application to the part, and in a fortnight the lady was laid prostrate in bed. The cause of the pain was irregularity in an internal part, which is supplied with nerves from that part of the spinal marrow. The severe applications to the poor suffering nerves of the spine only aggravated the internal disorder. She was greatly restored by a long course of mild hydropathic treatment, but I fear will sometimes during life feel the effects of the barbarous "professional" treatment of the learned professor. We have had not a few cases of what have been termed spinal disease in females, and for which blisters and setons have been applied to the spine, to the invariable injury of the patient, the cause of which we have always found to be internal irregularity. In some cases, the use of the legs have been almost lost, as if by paralysis, but has been, to a great extent, restored by our natural means of cure. I could give many cases of the same nature, for they are, I regret to say, of frequent occurrence in our experience. The injury done, especially to females, by bleeding, blistering, injections, caustic, and the use of certain instruments, ruins many a good constitution, and renders the patient an invalid for life.

Sir Charles Bell and Dr. Marshall Hall, in their celebrated works, and other writers upon the subject, show that pains in one part of the body may have their origin in remote parts : diseased parts communicating pain by the sympathetic nervous telegraph wires to different parts of the frame. Nothing but a restoration of the nutritive powers can succeed in giving relief in such cases.

Adhesion of the arachnoid membrane to the substance it covers in the brain, spinal marrow, and nerves, is a consequence of inflammatory action, and is often a mysterious cause of suffering, which it is impossible correctly to ascertain during life, through the reflex action of the nervous system causing extraordinary pains in parts of the

body remote from the point of disease. The late Dr. Logan, of Leeds, suffered excruciating pains many years, especially in the legs, which he had laid on cushions before him, covered with basket work, lest anything should accidentally brush over them, so acute was the sensibility. Examination after death showed thickening and adhesion of the arachnoid membrane covering the spinal marrow.

It is one thing to have a scientific knowledge of the frame, and quite another to have a knowledge how to cure disease. No one can safely be trusted with a ship who has not a scientific knowledge of the laws of navigation. However creditably a man may have passed his examination for a commander, it by no means follows he is able to navigate a ship unless he has had a practical education on board, both in sunshine and in storm. And so it is with the medical profession. A good curative knowledge can only be obtained by practice, after an educational course. This is very strikingly the case with many of the first and most scientific writers and lecturers on the human frame. Their time has been spent in the study of the frame, in all its wondrous perplexity; and they have had little opportunities for personal experience in comparison with those who are engaged in practice alone; and consequently are sadly at fault when they prescribe remedies which, from their knowledge of the functions and structure of the body, *ought* to succeed, but, nevertheless, are of no avail, and often only aggravate the disease. A striking instance amongst many I have had has just come under my notice. A solicitor in the north of England writes to me as follows:—

“Matlock Bank, June 17th, 1857. DEAR SIR,—I have great pleasure in writing you an account of my illness, and the remedies I have tried in mitigation of it. I was first struck with paralysis in 1851. Within two or three hours of my first attack, I sent for my usual medical attendant. He shortly called upon me in company with Dr. —, his subsequent partner. Dr. — at that time bled me, and subsequently administered a cup to my neck, and afterwards applied a seton to the same. In about two months time I went on a visit to a brother-in-law of mine, a medical man in —; with him I stayed a month or six weeks; and during that visit I twice went to town in my said brother-in-law's company to consult the celebrated Dr. —, a physician, said to be great in paralytic cases; he only advised me to take a quantity of blue pill, get a pony to ride on, and to take an enema once every morning. The blue pill soon lowered the system, and made riding unsafe, the enema only brought temporary relief. In 1853 I was again struck while attending at the assizes. I then got the assistance of a friend of mine in the neighbourhood for that night, and on my return home I got the assistance of a fresh surgeon, who attended me ever since, till my coming here. He had the assistance of Dr. —, a gentleman well-known in —, who, among other things, advised me *not* to give up my snuff (four to five ounces per week), as that, he said had killed a Mr. —, a brother professional of mine.

“I remain, dear Sir, yours truly,
“J. Smedley, Esq.”

“P. T.”

“The physician referred to is one of the most celebrated discoverers of the nature, action, and reflex action of the nerves; and perhaps no man living is more thoroughly acquainted with the subject. How strange he could prescribe no more effectual remedies! He made little inquiry into the patient's habits; did not prohibit his taking snuff, a habit alone sufficient to induce paralysis; allowed stimulants; and

failed in giving the least relief ! Another physician advised the continuance of the use of snuff, four or five ounces per week ! ! The patient came in a deplorable state, unable to retain his urine, with his bowels constipated, and was deaf ; all the result of the failure of nervous power, aggravated by the pernicious prescriptions of his doctors. He is now decidedly improving in every respect. All blistering, bleeding, setons, and purgatives tend not to strengthen and restore, but to weaken and irritate. The father of a boy afflicted with curvature and disease of the spine, with loss of the use of both legs, applied to me for advice. He stated his son had been under the care of several medical men, and in an infirmary, where issues were put in the poor creature's back ; his sufferings became so intense, the father removed him. From the first there could be no hope of restoration ; and all the unnatural torture of the nerves only aggravated the misery of the poor lad. How issues inserted along the spinal column, with all its delicate membranes and network of nerves, were to restore and give nutrition to the part is past comprehension : but, in such way, thousands are ruined for life, or destroyed.

Case No. 17.—PARALYSIS.—The following case consulted me, and I gave him the prescription following the note :—"It is thirteen weeks since (*very unlooked for on my part, as I am a thin, spare man*) I was seized with paralysis, from my hips downward ; I could not pass urine ; was obliged to send for a doctor, and had to use an instrument for six weeks. I do now without the instrument, but have no command over my urine ; the lower part of my bowels are also affected, so that I am obliged to take strong purgatives to get action of the bowels. At the first both my legs were without motion (*never without sensation*) ; now my right side leg is useless, except a little from the hip, but on my left leg I can bear a little weight, and can move any part of it at will, although it is very much benumbed, and always feels—as is the case with my back—a sensation as if cold water was being poured on them. I am as well otherwise as I have been for years ; I think I eat with a better appetite than I did before I was seized. I have for many years been at out-door work." *Home Treatment*.—9, 7, 115, 115½, 115¾, 112, 113, 114, 121, 18, 19, 157, 137, 123, 16½, 116, 83, 86.

THE FOURTH ORDER OF NERVES, commonly termed the nerves of organic life, or nutrition, or ganglionic system. These nerves, by their *vis vitæ*, or power of life, have entire control over the organs of circulation, nutrition, secretion, absorption, and excretion. They have the same structure as the spinal cerebral nerves, tubular, and filled with fluid ; encased in sheaths, and act by their electric powers ; and so identical is this property, that the power of one order is lent to or sympathises with the other in cases of emergency. As for instance, when the brain is pressed by mental exercise, the vital powers of these nutritive nerves is also called into the assistance of the cerebral system ; and if the mental effort be long continued, the proper function of the nutritive nerves is partially suspended, causing what is commonly called indigestion and biliousness, from the liver not acting, and so lowering the power of all the organs of nutrition and circulation. On the contrary, when the mind is not properly exercised, the vital power of the cerebral system is left to add its influence to the nerves of nutrition, and thus often produces a state of obesity, or fatness, with a tendency to apoplexy.

When food is taken into the stomach, it is there dissolved by the action of the gastric juice ; but unless the vital power of the large

plexus of organic or nutritive nerves in connection with the stomach, if not sufficiently strong, the chemical change in the chyme or fluid does not take place; the consequence of which is acidity, followed by fermentation, causing great irritation in the stomach, duodenum, and bowels. The unhealthy matter passes into the bowels, where it is taken up by the absorbents into the blood, and so passes into the tissues of the body, building it up with inert or effete matter, which the body then tries to throw off. If there is power to accomplish this, by boils, rash, shingles, diarrhoea, or other means, the vital organs are kept from injury; but if the vital power is low, the organs cannot resist the surcharge of morbid matter, and the result is inflammation, fever, &c., which often leads to fatal results. How often is premature dissolution the effect of injury done to this beautiful structure, by the spirit of man becoming a prey to the appetites and passions! How often is he suddenly cut off when the brain is surcharged with alcohol, in a fit of drunkenness! or he dies the awful death of a raving madman in a fit of delirium tremens, the effect of the same baneful cause!

A good knowledge of the nature and action of these organic nerves, as well as of the spinal cerebral system, is absolutely necessary to enable the soul to carry out the work it has to perform with comfort and ease. The electricity in these nutritive nerves is the cause of the circulation of the blood; also the absorption by the liver of those materials out of the blood which go to the manufacture of bile or gall. It gives power to the liver to manufacture saccharine and other matters to enrich the blood, the quantity of which materials are materially altered by injuries or other causes affecting some parts of the brain, and undoubtedly often results from that organ being affected by the habits of taking intoxicating drinks to excess. It also assists in forming the red corpuscles which impart that colour to the blood, and gives power to the uriniferous tubes in the kidneys to draw out the urine, with other impurities, from the blood. It gives power to the flesh, bone, &c., to assimilate their materials out of the blood, as the blood circulates through the body. The electricity or vital power of these nerves, commonly called ganglionic or organic, is, in fact, *the life of the body*; and just as this power is in vigour, or otherwise, so is the healthy action of the system. As electricity is the motive power of the will, and is generated in the brain; so the same element exists in these nutritive nerves for the purposes above named. This electrical power, however, is more generally generated in the body, as demonstrated by works on animal magnetism, which show that in the fibrous tissues of the body molecules of magnetic principle exist. An extensive knowledge of this principle in the human body is essential and invaluable in the study of health and disease, as it is in fact the key to the principle by which the bodily powers are to be renovated or kept in health; and it is the only true principle on which to act. All attempts at curing local disease, or preserving health, without taking this principle as a basis, only leads to chance and temporary success, and ignorance of it often to the undermining of the constitution, by attempts to expel maladies by local applications internally or externally. The first point to notice is, how this *vis vitæ*, or power of life, in the organic or nutritive nerves, is to be kept up to its proper force. This is only to be accomplished by strict obedience to the natural laws framed by the Creator as conditions of health. The high privilege of free will enjoyed by man above all others of God's creatures is, when under the influence of religion, a source of supreme happiness to him; but by his perversion of this high privilege, in the

indulgence of his carnal appetites and passions, he renders that precious gift of his Creator a source of misery and suffering in this world, and eventually of his eternal ruin. When man brings his body into subjection, and is guided in his actions by the all-wise, immutable, beneficent laws laid down in God's word for his happiness, he takes food and drink only for the purpose of enabling him to perform the mission God has appointed him, and brings his body, with its animal desires, into subjection. Just as man governs himself by these laws, so we see him reach the high standard in the position God at first intended him to fill ; but, on the contrary, when the soul gives way to the promptings of the appetites and passions, so we see a whole flood of disease and misery let loose on the poor creature which often debases him below the brutes themselves. Comparatively few strike out a course from their own convictions. The customs of society, fear of ridicule, or being thought singular, carry multitudes down the stream against their better judgment ; and for which they have to pay by future suffering with those following these customs. Companionship, however, in suffering of this kind, I cannot conceive, affords any consolation.

The habits of life and course of diet followed by society generally are, in many points, diametrically opposed to the laws of health. Breakfast, with toast and butter, strong stimulating coffee, strong tea, especially green, which is well known to be coloured with a highly deleterious ingredient ; white bread, when had from the baker's, often contains alum, or other pernicious ingredients (which they say they are compelled to put in, to please the public, who will have a white light loaf) ; with other aliments, such as broiled bacon, salt-fish, ham, with mustard and pepper ; and not untrequently have I seen, at commercial hotels, the addition of bitter ale. Then, some take luncheon, or rather a first dinner of animal food, &c., in two or three hours, with wine, ale, or porter ; and later in the day, a second and principal dinner, sometimes like the one I describe further on. Others take dinner at one or two o'clock, composed of soup, animal food, with condiments, (without which the indulged palate cannot relish plain food), pastry, sweets, followed by cheese and uncooked vegetables, in the form of celery and salads, with ale, porter, and wine, and in many cases concluding with a cigar, or pipe of tobacco, and spirits ; then at five or six o'clock, tea, with toast and buttered cakes, &c. Animal food and tart again for supper at nine o'clock ; with ale or spirits, cigar, or pipe, by way of finish to the day's work of eating *not to live, but living to eat*. When we compare the nature of the food thus taken with that best adapted to make sound muscle, &c., and to keep up the *vis vitæ*, or electric power of life, it is no wonder we see the multitudes of maladies so general among mankind, debasing the tissues and affecting the brain.

(*Eyesight ruined for life by the highest authority in the profession. The lady, now grown up, is come to our Institution for improvement of her health. It is sad to see these doctors' victims, made so by the most outrageous, senseless treatment. One case I name where a blister was put on the forehead of a healthy man, where no disease, only weakness, caused blindness for life soon as the blister rose.*)

“Miss de W—— suffered from what is called infant ophthalmia; the doctor syringed it with caustic, and entirely destroyed one eye before she was three months old; the other she can see a little with. The doctors say that nothing more can be done for her.”

(*Another case, the child of a labouring man, and same age, similarly affected. The mother had not means to employ scientific skill; she bathed the eye with old milk, and then with cold green tea, and the child was quickly well, and its eyesight saved. Bath list, 227, or bread poultice would have been safer.*)

(*Case of Pressure on Knee, producing swelling and pain.*)

At night rub leg and knee upwards with neat's-foot oil or unsalted lard, then apply 214 (see Bath list) from ankle to above knee, and rub sole of foot with chillies or mustard, if cold. On rising wash the oil off with warm soap and water, and rub dry with a soft cloth, then rub knee with chillie paste, and also leg, rubbing upwards if cold; then put on dry spongio gaiter, to come over knee, and wear it till night. If uncomfortable in day, wipe off the chillie paste with a soft cloth, and replace dry spongio gaiter till night; repeat all this till well.

TOE CRUSHED.—A man had a wheel passed over the toe, badly crushing it. The object should be to restore circulation by heat, and keep the heat up constantly. First foment toe, foot, and leg with hot flannels as 143 Bath list, or put foot and leg in hot water; after getting up the circulation well, put on bread poultice, as 220 Bath list, and pack leg as 214. Repeat these processes, keep leg and foot well packed up night and day, and keep it on a cushion, not put foot down, as the circulation will go on easier up than down (see 146½ Bath list). 141 to legs sometimes good to stimulate circulation, that and 143 will draw away inflammation from injured part. When the pain and inflammation is subdued, then put on piece of wash-leather squeezed out of warm water, and oil silk over, or bit of damped spongio-piline, and pour on as 17½ Bath list. (*This case got thoroughly sound in three weeks.*)

(*Testimonial.*)

“Having been at your establishment in May, 1870, being so exhausted of health, that all the M.D.'s had given me up; but, thanks to God for his blessings, under your kind and skilful treatment, I am now (Feb., '73) in very good health. I have since that time adhered to the rules that you have laid down in your most valuable book. Before I came to your establishment I could

not be two nights without taking pills and drugs continually, for nearly four years, besides being hampered by the M.D.'s with blisters, setons, &c. But I have never been at an M.D.'s since, nor have taken any drugs. I was suffering from general debility, heart disease, they said, and a very bad liver. I was very nervous, but now I am in full spirits, and do firmly believe that I should have now been numbered with the dead but for coming under your kind treatment when I did. I have only to thank God and yourself that I am in such good health.

"Hall Farm, —shire."

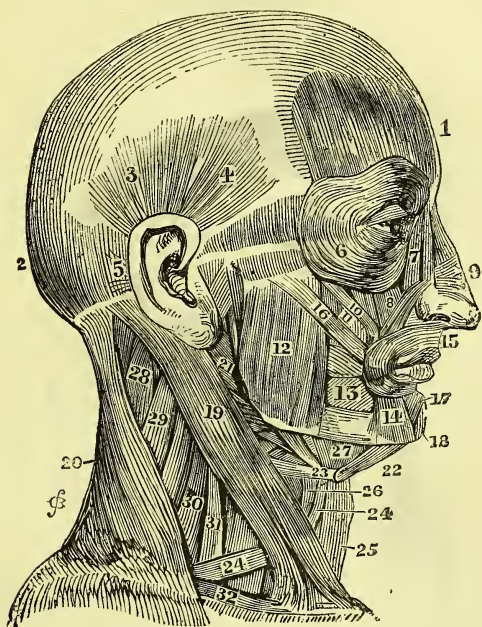
(*Testimonial.*)

"I am writing with my heart full of gratitude for a vast benefit I have received from one of your valuable works. I ought first to tell you that for many years I have suffered from dyspepsia, have passed through a sea of grief; but for the last seven years have suffered with spasms nearly every night, about seven in the evening, and lasting until morning, morphia only relieving me of the pain. I was advised by a friend to try wrapping a warm wet sheet round the bowels, which I did for three weeks, and very shortly found myself entirely relieved."—(*See our body bandages, Bath list, 235, 236.*)

KNEE CASE.—A farmer, rather stout, aged 60, stumbled into a hole, sprained his knee, which was soon swollen and painful. I happened to see him several days after. I advised fomentation with flannels and hot water for an hour or two, then rub with chillie paste, put on damp spongio knee-cap, and a good wrap of flannel over, and keep on sofa or bed. This was once repeated, then only chillie rubbing and spongio knee-cap, and in ten days he was sound.

"I have a bad knee; it took me when I was working a shovel, scraping up a yard. It took me under the knee first; I could not bend or straighten it. I have been to many doctors, but they don't do it much good, and now I am in St. George's Hospital. I have been here nearly nine weeks, and am going out on Wednesday. They cupped it first, and since that they have been applying iodine, but it has not made any improvement, it still keeps swollen and hot, and throbs. The bone is also enlarged. The doctor says it is chronic inflammation. If you think that you can do it any good you will oblige me."

With all the scientific acquirements of all the learned doctors in the world, they have never yet invented means to make the bowels and liver and kidneys act without using ruinous purgatives and diuretics. Our plans accomplish natural action from external applications alone.



MUSCLES OF THE FACE.—*Lardner.*

FORMATION OF SALIVA FOR THE MOUTH.—In the oral cavity, on each side, near the second double tooth in the upper jaw, the mucous membrane forms a little tube (*b*), which ascends along the cheek, and branches out and forms a gland in front of the lower part of the ear (*a*). Another smaller one of these glands lies just within the lower edge of the under jaw, on each side (*c*); and a third and still smaller pair lie under the roots of the tongue, uniting on the middle line. The ducts of these last two pairs open into the mouth in front of the roots of the tongue, and near its bridle. These are called the salivary glands. They secrete the saliva or the solvent fluid of the mouth, and pour it into the oral cavity freely during the process of mastication, and whenever any exciting substance is taken into the mouth. The smell, and sight, and even the thoughts of savoury or disgusting substances, and of

other objects of desire, will also cause an increased secretion and saliva.—*Graham.*



a, the salivary gland in the cheek; *b*, the duct leading to the mouth; *c*, the gland under the edge of the under jaw.

SMEDLEY'S CHILLIE PASTE.—Take two pounds of pure olive oil and half a pound of pounded chillies; boil for seventy-two hours; then add six ounces of melted spermaceti. Let it nearly cool; then pour in a few drops of lavender, and pour into bottles. Of great service for rheumatism or chest complaints, or pain at stomach. Hirst and Co., druggists, Leeds, now supply this with my label on, to all retail chemists.

POMADE.—Two ounces olive oil, one ounce castor oil, five drams spermaceti; melt the above together, and when cool add a few drops of lavender, to scent. Good for hair, or to apply to any open mucous membrane irritable, or to soften lumps.

MUSTARD for foot-baths, &c., may be had at any mustard mill, at 8s. or 9s. per cwt.; or free at Lea Mills, by working people. This mustard bran is stronger than best mustard.

METHYLATED SPIRITS OF WINE, for baths, and sweating, may be bought at 4s. 6d. per gallon, of the chemist; 6C over proof does not give out any effluvia, and may be used also in Etnas, to heat tea or cocoa for invalids. Rectified naphtha will also act.

HOME-MADE YEAST.—One pound of malt, one ounce of hops, boiled in six quarts of water two hours; strain it, and, when nearly cold, add a half pint of the yeast from last making, mixed with a table-spoonful of flour and one ounce of salt. The yeast, put in a cool place, will keep good six weeks at least, in stone bottles closely corked and tied. Some public-house yeast may be used for the first; afterwards save some to make a fresh quantity with.

PUDDING very nourishing and light. Duryea's Maizena; to be had at the grocers'. Eight quarts of milk to one pound of maize. Put seven quarts of the milk over the fire; boil with two or three laurel leaves in, to flavour; mix the maize with the remaining quart of cold milk in a separate basin; add a little salt, one pound and a half of powdered lump sugar, half an ounce of butter, and eight eggs. When the milk boils, put in the other quart of mixture, and when thoroughly mixed, pour into moulds, and in half an hour it will be set and ready for use.

BEEF-STEAKS or CUTLETS.—The only way to have them tender:—Put the meat in a tin pan, and put in water just to cover them. Put in a slow oven for four hours; then add flavouring, if desired, to the gravy.

DU BARRY'S REVALENTA.—One ounce to a pint of milk, or milk and water, sweetened with refined sugar or salt, is exceedingly nutritious, and will agree with the stomach when nothing else will. May be had of the grocer or druggist; the second quality best. 12lb. canister, 22s.

A VERY REFRESHING COOLING DRINK for CONSUMPTIVE or FEVERISH CASES.—To one tea-spoonful of citric acid, two of cream of tartar, and the juice of half a lemon, add a quart of cold water, and sweeten according to the palate with lump sugar. If lemon cannot be procured, a little more citric acid, and the juice of an orange.

NEW MILK JELLY for CONSUMPTIVE or DELICATE PERSONS.—Bake two calves' feet in two pints of water, and the same quantity of new milk, in a jar closely covered, for three hours and a half; a bit of lemon peel baked in it gives a nice flavour. Add a little sugar, if required, before it goes cold, and when cold remove any fat from the top. If there be no calves' feet to be procured, half a packet of gelatine, to be had at the druggist's, will answer as well. *The patient should take it cold.*

STEWED APPLES and PEARS are a very wholesome and valuable article of diet. The way we prepare them is as follows:—Pare the apples or pears; do not slice them, but put them whole into an earthen jar, with a little cold water, and sprinkle some crushed sugar over them; cover up, and let them stew gently for an hour or so, taking care the water does not boil, or become hot enough to reduce the fruit to a pulp. This requires watching.

FIGS are very wholesome, as follows:—Get the extra Eleme figs; put a few in basin or jar; pour boiling water over them; stand three or four minutes; drain water off; sprinkle little crushed lump sugar over.

APRICOTS and PEACHES, dried.—Take a handful, wash them in two waters to take away sand and straw; put them in a saucepan; just cover them with water; stew an hour. No sugar. The water will have become good syrup.

PLUMS, best picked French.—Stew in a jar until soft.—Very excellent for invalids.

GINGER, preserved Chinese, put through sausage machine, softens and mellows it. Very good, instead of butter, for some invalids.

SALINE or EFFERVESCING DRAUGHTS.—Take half a full-sized teaspoonful of soda, a small teaspoonful to half a teacup of cold water; dissolve it well; then citric acid, as much as will lay on a sixpence, and dissolve in a separate cup, with a tablespoonful of water, and add five or six drops of sal-volatile and a little lump sugar; when dissolved, put in the soda and water, stir it, and drink off. Saline draughts are generally made with too much soda, acid, and water, and if taken in large quantity are injurious, although very pleasant to take. The above small mixture may be taken several times a day with benefit.

POMADE.—2 oz. olive oil, 1 oz. castor oil, 5 drams spermaceti; melt the above together, and when cool add as under:—drops oil of cloves, 6 ditto of almonds, 20 drops essence of lemon.

LING'S AND OTHER MOVEMENTS and exercises, and also galvanism, we find most important aids to the cure of disease and debility, and are in daily use at our Establishment.

SODA WATER MACHINE BOTTLE.—This machine bottle, called Gazogene, may be purchased of Simpson, 315, Oxford-street, London; one quart, a guinea; two quarts, two guineas; and with a powder purchased at any chemist's, soda water, or lemonade, or ginger beer may be produced for about two-pence per quart, to keep any time, and drawn off as required; powders sent with the machine.

ICE MACHINES, for making ice in ten or fifteen minutes with powder, at a trifling expense, to be had at the same place.

For **WATER-FILTERS**, and an excellent treatise on the impurities and purification of water, we use Danchell's, 38, Red Lion-square, London.

SMEDLEY'S CHAMBER FIRE-PLACE and **COOKING STOVES**.—No smoke, no sweeping. Harper, Brunswick Foundry, Derby.

AMERICAN CHAMPIONS, No. 2, we use for drawing-rooms. No smoke, no sweeping. J. and G. Haywood, Derby.

HYDROPULT, a valuable invention for spouting spine or limbs, 27, Leadenhall-street, London.

RESPIRATOR.—This is a most useful invention, and may be worn without any risk. It is of the utmost importance to every one going out of a warm room into a cold or damp atmosphere. If put on before leaving the warm room, a temperature of seventy or eighty degrees is breathed, which effectually prevents attacks of bronchitis, inflammation, or sore throat; and in cases of bronchial affections, I recommend its use during the night. I have seen and felt the most important benefit from this, as it is manifest there is risk either of inducing or increasing inflammatory action in the fine air-tubes and vessels of the lungs, by the sudden change of breathing a temperature one moment of seventy degrees, and the next of thirty or forty degrees, and sometimes far lower. Maw and Son's, of Aldersgate Street, London, I have found the best, price 5s. each, or post free for 5s. 4d.

COD LIVER OIL.—This we consider beneficial where it can be

taken to agree with the stomach, but the large quantity almost invariably prescribed clogs the liver, and does more harm than good. (See Bath list, No. 207.)

HOT DRIPPING SHEETS are very useful before the wet pack, in cases where there is low power of reaction. When coming home with wet clothes, or having been wet, and clothes dried on, a hot dripping sheet, followed by a tepid dripping sheet, is a very mild and pleasant operation, and would always prevent cold being taken.

FOMENTING PAD IN STEAMER.—In all cases, except of full habit, a flannel fomenting pad, wrung out of hot water, held to the stomach and bowels, whilst having a steamer, is very beneficial and agreeable. In cases of full habit, a towel wrung out of cold water, held to the stomach, is best.

FOMENT PACK.—Having had this year some very bad cases of stagnation of the vital powers, I have tried with great success what we call a fomenting pack, that is, in addition to the directions for wet pack described, wring a flannel fomenting pad out of hot water, and lay it under the shoulder and back, on the blanket, and another hot pad on the front of the body; then wrap up in the wet sheet. Next bring one side of the blanket over and put on the hot fomenting can, then the other side of the blanket and the mackintosh sheet, &c., as in wet pack, followed by same application as after wet pack. (See 46, 47, Bath list.)

TRUNK PACK AND TOWEL PACK.—Prepare mackintosh sheet and blanket, as in wet pack, and have half sheet or towels to wrap the body in, leaving out the arms, and pack in a similar way. The lower part of the person need not be undressed for this, unless preferred.

SITZ BATH HOT PAN.—This is a pan twelve inches by fourteen. The bottom three inches deep made water-tight, except a hole and plug to fill it with hot water. The sides raised above this three inches. A flannel pad, only one or two thicknesses, laid on dry, for the feet to rest upon when the person is using sitz bath, covering the feet over with a dry flannel, or altogether wrapping the feet in it. This will be better than putting the feet so often into mustard and water.

HOT WATER SITZ.—This, for many cases, is most useful. The cases in which we do not recommend it are piles, heart affection, full habit, determination of blood to the head, or spinal affections. In cases of sudden attack of cold at the chest, or of the lungs, or asthma, stomach complaint, cramp, &c., it is highly useful. Have the water 100 degrees, or more if it can be borne, sit in the bath with the feet out and in hot water, or on a hot pad. Have a fomenting pad dipped in the hot water, spread over the throat, chest, and bowels, and one over the back of the bath to lean the back upon. Keep the arms down in the water by the sides of the body, and throw a blanket over the person, except the head. The hot pad will be found most grateful to the chest and bowels. Remain in ten or fifteen minutes, but not so long if perspiration is excessive; then have a tepid sponge over, and put on chest compress and body bandage, wetted as usual. The hot sitz will be found a very agreeable and beneficial bath, especially in winter, or in case of a chill or cold, and may be used at bed-time. (See 93 98, or 99, Bath list.)

DOUCHE BATHS.—There are various modifications of these

applications; the principal is the one which from a cistern, containing from one to two hundred gallons of water, a short tapering pipe contracted to $1\frac{1}{4}$ inches at the point, or lower aperture, with a valve inside the cistern, worked by a lever, allows the water to fall with considerable force from a height of from eight to twelve feet. This bath is one of great service in many cases, and for ordinary use it is far more efficacious than the shower bath, causing less shock, as the water, as soon as it touches the back, shoulders, and hips, produces instant reaction and warmth. It may be used with perfect safety by any one in ordinary health, and when the body is in a state of perspiration it is a luxury and highly beneficial. It may be used too with great advantage when the body is in an ordinary state, taking care that the stream does not come upon the head or chest, but on the shoulders, hips, and bowels; washing the head in warm water first. Ordinarily I use it for about twenty or thirty seconds, or while fifty can be counted; it is stimulating and strengthening. Standing in hot water adds to the efficacy and safety of this bath, but is by no means necessary, except where there is congestion of the head or very full habit.

In cases where there is any affection of the stomach or liver, a flannel pad wrung out of hot water should be previously tied round the chest, or a dry chest compress put on, and stand on a hot flannel pad, or in hot water. In cases of *Chronic Rheumatism* in the knees and ankles, the patient is wrapped in blankets covered by mackintosh or oiled cloth, and set in the bath, and the douche allowed to fall on the parts affected; this is to rouse action in the parts, and will often succeed when no other plan will. We have gutta percha tubes attached to the main pipes or cisterns, to spout on any particular part wanting vitality; the patient being undressed, and partially enveloped in blankets.

THE DOUCHE AND SHALLOW BATH COMBINED which I have for personal use, is very effective, and far superior to the common shallow. A is the cistern to hold any quantity of water, the more water the greater force: mine holds about two hundred gallons, but fifty will do very well; B is the lever to draw the plug, when the principal douche C is required; D is a one and a quarter inch lead pipe from the cistern for the back douche; E is a trap, and at the end F the pipe is contracted to about three-fourths of an inch, to give force to the stream. G is about ten inches depth of water. H is a curtain to prevent the water splashing over the side of the bath. The way I use the bath is to step in with ten inches depth of water, draw the curtain, and then turn the tap E on immediately, sit down in the bath, the spout pouring water on my back. I rub well with water, and throw it up into the face. Then turn round and let it spout on the throat and bowels, but not on the chest. The open or principal high douche C I use separately, having no water in the bath, except what runs in from the column, letting it fall on the spine, shoulders, and bowels, but not on the head or chest. A large tap should be provided to allow the water to keep running off from the shallow bath C when the large douche is used. I have also hot water laid on for a hot bath S, using cold douche after.

Mr. Smedley's newly-invented ascending douche can be used in bedrooms with perfect safety, and will be of the greatest service in cases of piles and of weakness or disease of the prostate gland or rectum, and to strengthen those parts and prevent disease.

For females it is of great importance, and may be used with perfect safety, the action being delicate, and can be used often without undressing.

It acts also as a slight enema very beneficially. The water need not be renewed above once a week. The pump is double action, and easily worked. Price, complete, £3 5s. To be had at office, Lea Mills, near Derby.

FOOT BATHS.—Walk about in cold water at a depth of five or six inches, or standing in a tub, stamping with the feet from two to five minutes; then rub them dry and take exercise.

ETNA, for heating cocoa or tea, very useful.

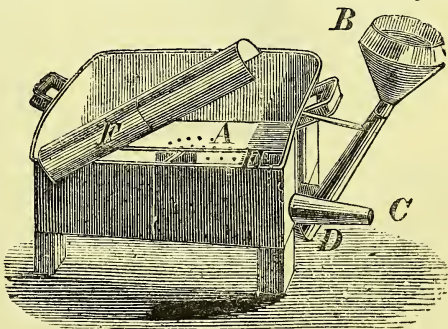
On rising, put a full dessert-spoonful of rectified spirit of naphtha—or, what is better, methylated spirits of wine—into the channel round the bottom of the can; set it on fire with a match, having previously put into the can the liquid to be heated. Cocoa stewed from nibs is best; never buy ground cocoa of any kind. Heat them in the oven an hour or two, then stew them in water three or four hours; as much may be done as will last two or three days. The methylated spirits of wine is about 4s. per gallon, and is best in a half-pint glass bottle.



3 $\frac{3}{4}$ in. whole height.
5 $\frac{1}{2}$ wide in top.
4 in. bottom of stand.
To hold a quart.

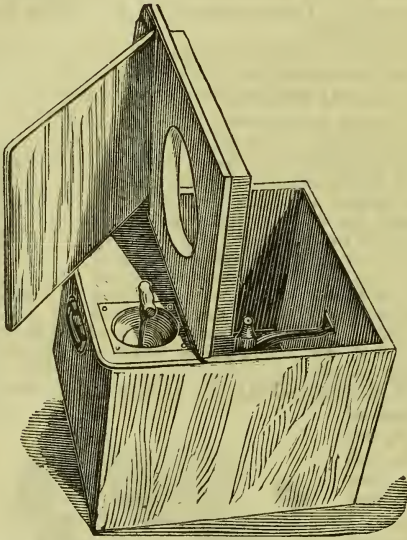
LADIES' RUNNING SITZ.—Double a dry sheet, and lay it

over the front of the bath F, and sit upon it, and when rising, draw it round the legs to dry with. I have invented this bath, which can be used without any undressing. It should be in every lady's room, and if used as commonly as the wash-hand basin would prevent



weakness of the spine, and the long list of distressing weakening ailments to which all females are liable. It has saved lives already by stopping hæmorrhage, which no other means made use of could effect. For this purpose it is used every one or two hours, two minutes at a time, with cold water; and this may be done with safety by the most delicate. Ordinarily it is used as a sitting bath, for a few minutes, and may be made running cold by an attendant pouring in water at the funnel B; F is the cover for the reserve E; D is the pipe to carry the water to A, where it rises up in the centre, and passes off through the reserve at E and the pipe C. The reserve is to prevent the water coming over the front when sitting down. After walking or becoming heated, great benefit will be derived by its use with tepid water. For piles,

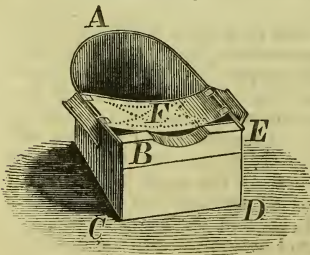
the water should be 65° to 70° , used a few minutes at a time, and one minute cold, wearing wet body bandage night and day, as before mentioned, and if bandage not warm, put flannel over, especially at night.



Mr. Smedley's newly-invented ascending douche can be used in bed-rooms with perfect safety, and will be of the greatest service in cases of piles, and of weakness or disease of the prostate gland or rectum, and to strengthen those parts and prevent disease.

For females it is of great importance, and may be used with perfect safety, the action being delicate, and can be used often without undressing.

It acts also as a slight enema very beneficially. The water need not be renewed above once a week. The pump is double action, and easily worked. Price complete, £3 5s. To be had at Office, Lea Mills, near Derby.



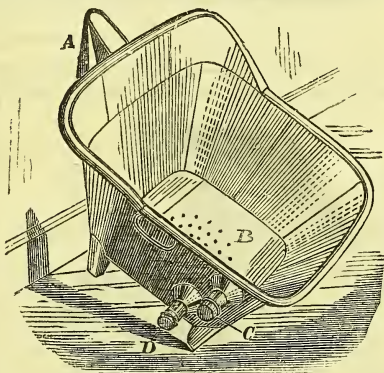
HEAD BATH.—An excellent application for soothing and cooling the head. The person lies down on the floor with a pillow under the top of the shoulder, and the back of the head laid on at F, which is a piece of perforated zinc, connected to the sides of the bath, by elastic straps the head is pressed down into the water put into the bath. Where there is much excitement of brain, the

water should not be quite cold, and often renewed, as it soon becomes warm. For extracting heat from the head, it may be used

from twenty to thirty minutes at a time, and not unfrequently brings a soothing sleep while being applied. The forehead should be sponged at the time with the same water, or a cloth frequently re-wetted, and laid upon the forehead for a few minutes. A cold foot bath, after a head bath, is good for re-action. (See 131½.)

The **HEAD BATH** is 10 inches wide at C D, 13 inches long at B A, and 6 inches deep inside. B is a reserve, 1 inch wide, with a loose cover, to hold any water that may slop over, and so keep it from running down the bath. A tap should be inserted into the reserve at E, so as to let water run through on pouring more in to keep the water cool; a round dish, three inches deep and twelve inches diameter, will do very well.

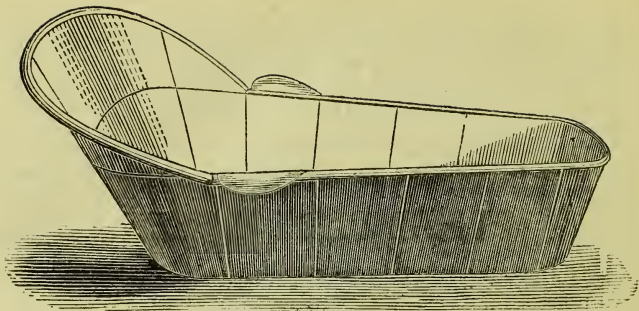
SITTING OR SITZ BATH.—A common wash tub or any vessel about twelve inches deep, will do. Put water in to the depth of five or six inches; sit down in it, covering the person over with a blanket, either leaving out the head or not. Entire covering keeps in the bodily heat better when the person is wholly undressed. It may be managed without entirely undressing; gentlemen only taking off the coat and vest, letting down the trowsers, and drawing a sheet between the legs. I have invented a running sitz, which can be used either as an ordinary one, or a running one, with a small quantity of water, by taking off the screw at D, or having it to the depth of C, pouring in water at A, the water coming in at B, and running off at C. A cold sitz bath for six minutes, or running cold from two to four minutes, is very refreshing after fatigue or mental exertion; and the habitual use of it, as often as convenient, will tend to produce good action of the bowels, and healthily brace the nerves of the spine and brain. For constipation, 78½, 168¾, 220, 172, 69, 46. For piles, the water should be from sixty-five to seventy degrees for ten minutes, and afterwards cold for a minute, wearing a wet body bandage night and day. (168¾, 172, Bath list.)



For children's sitz, see page 50.

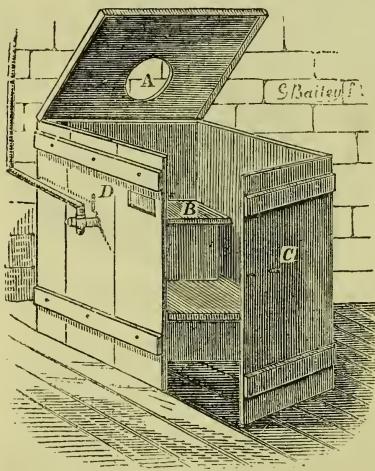
15 inches deep in front, 16 inches back, 14 inches square in bottom inside, 21 inches width in front and back.

SHALLOW BATH.—This is a very useful bath, and more effective and tonic than dripping sheet. The bather lays down in it half filled with water, and rubs quickly the legs, arms, and body; or an attendant assists, if there be one. It is best for the bathers, if able, to use action in rubbing themselves well, as it aids the good effect of the bath. One or two gallons of cold water may be poured on the spine before coming out, but is not quite necessary.



5 feet 6 inches long, 26 inches wide, 13 inches deep.

STEAM BOX.—B is the seat the person sits upon, then close the door, C, and put down the lid, the head going through the



hole, A, 12 inches in diameter. 4 feet high, 29 inches wide, 34 inches in depth from back to front, outside measure. Put a towel round the top of the lid, at A, to keep in the steam; have the feet in hot water. D is a steam-pipe, with a handle outside and a handle inside, for the bather to alter the force of steam at pleasure. The steam is sent in under the seat, and on the front of the seat hanging down to the foot-board is a curtain of mackintosh or linen, to keep the force of the steam from the legs. This bath is used

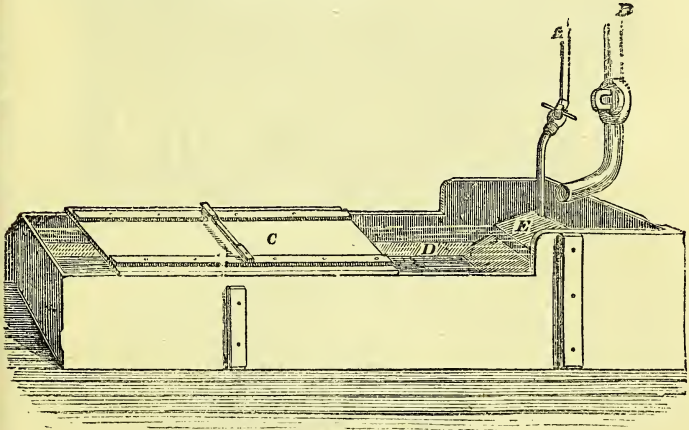
ten to fifteen minutes, and after it 14 Bath list, or 12 only. A fomenting pad wrung out of hot water, and held to the stomach and bowels while in, is useful in some cases, and soap the body well.

For spirit lamp introduce two spirit lamps, or gas jets, near to the foot-board.

A spirit lamp can be had easily as follows, and is very safe and effective. Turkish baths are not safe, nor so effective in reducing fat. The person undressed sits on a chair with a wood seat. Place a saucer underneath the chair with spirits of wine, or methylated spirits cheaper. Apply a match to the spirits; envelope the person in several blankets and a counterpane, or what is best our mackintosh petticoat, to keep in the steam, the head of course to be cut. Sponge the forehead and the face with cold water while in. If the spirits do not burn well, let a little air in underneath the

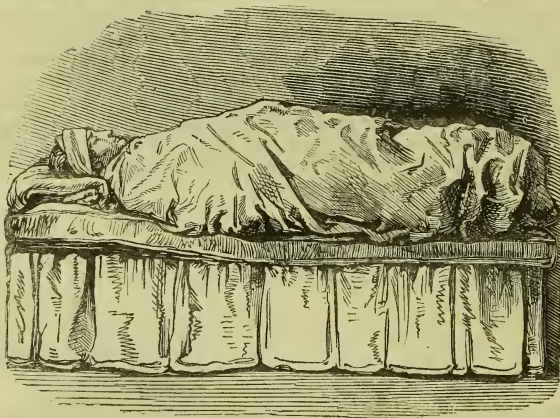
blankets. Have feet in hot water, or in hot mustard and water. After ten or fifteen minutes have 13, 10, or 14, or 12 Bath list.

WOOD SHALLOW BATH, such as I use at my Establishment and Free Hospital, is made of one inch deal boards, grooved and tongued, not lined or painted. It holds water well, and a good deal of it, and there is more room for the bather to lie at ease and soap well. Outside measure, 6 feet 5 inches long, 27 inches wide, and 17 inches deep. E is a flat board, 4 inches broad, to lay the back of the head upon, and it slopes down into the bath to support the back. C is a loose cover, merely put on to avoid exposure of the person. A is a steam or hot water pipe, which is carried round the bottom of the bath under a board, for a hot bath. B is a $1\frac{1}{2}$ inch pipe brought to $1\frac{1}{4}$ inches, for a back douche, and to fill the bath. A plug at the corner lets out the water.



The HYDROPULT, a valuable invention, for Spouting Spine or Limbs, and other purposes. Price 37s. 6d. J. and G. Haywood, Market Place, Derby.

THE WET PACK OR ENVELOPE.



THE SITZ BATH.



THE LEG BATH.

29in. long; 3in. back to front; 6in. wide orifice, $6\frac{1}{2}$ in.



HAND BATH IN USE.

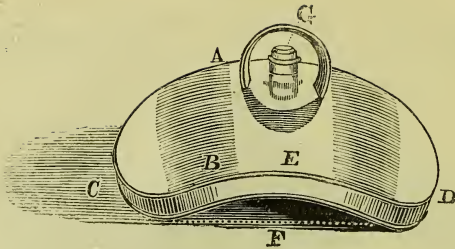
Centre piece, 7 in. broad; $6\frac{1}{2}$ in. diameter; 10in. each side piece.

HAND AND ARM BATH.

23in. long; $6\frac{1}{2}$ in. wide; $9\frac{1}{2}$ in. deep; 2in. curve.



SPIRIT LAMP.—I use gas at my free hospital. This bath is of great use in reducing fat and hardening the muscles. I have reduced a patient sixteen pounds in nine days, and brought him

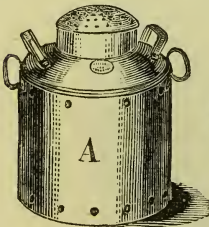


HALF CHEST FOMENT CAN.

One inch thick ; A to B, $9\frac{1}{2}$; C to D, $13\frac{1}{4}$; E to F, 3 ; G, plug.

from a state bordering upon apoplexy to walk ten miles without fatigue, taking away all uncomfortable feelings, especially in the head. With perfect safety it may be used once a day for a week or more. A wet cloth should be put round the head, and a tumbler of cold water administered by sips during the application, and the feet placed in a pan of hot water, or hot mustard and water. This bath is also useful in first stages of dropsy and chronic liver disease, and is not weakening. A mackintosh, or coarse linen or calico petticoat, oiled with boiled linseed oil to make it air-tight, is very suitable for the steam bath or spirit lamp. It should be 60 inches long, 72 inches wide at the bottom, and 36 inches at the top, with hole for the head, having a narrow piece of calico and a string to draw round the throat. When the patient is seated undressed on the chair, put the petticoat over the person without any blanket, and the hot brick and water, or spirit lamp, underneath. A blanket is useful to be laid on the floor round the petticoat to keep the heat in. I supply the mackintosh petticoat to patients, and they can be made so as to serve for wet packing as well. I had one made for a major in the army to take about with him.

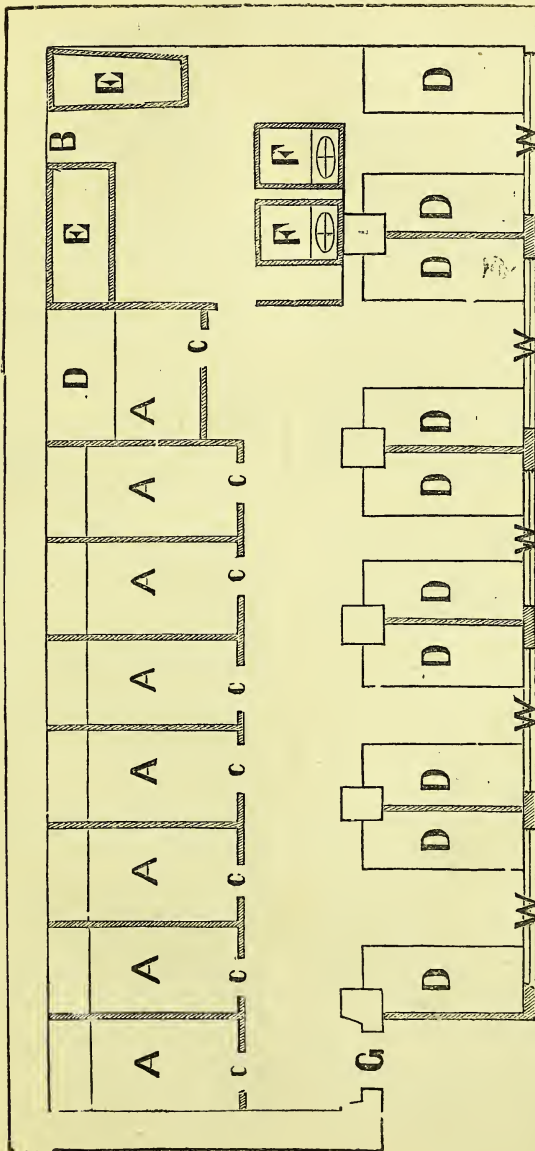
CHEAP USEFUL STEAMER.—A separate gutta percha tube is attached for local steaming, of great service in wounds, abscesses, chronic rheumatism of joints, throat affections, and all is easily applied. **STEAM AND SPIRIT LAMP BATH.**—A, $6\frac{1}{2}$ diameter, 8 deep to first rim. D, $1\frac{3}{4}$, B, $4\frac{1}{2}$ deep ; this sloping part holds a



quart of water. C, perforated top. Inside A is a movable can, $3\frac{1}{2}$ diameter, $2\frac{1}{4}$ deep, to hold a quarter pint of methylated spirits of wine, or rectified naphtha, to place inside A ; light the spirits, then put in can, C D, with sloping point, B, into the spirits. If for spirit lamp, leave out C D B, put the little

cover inside on spirit can, with two wicks. The person undressed, enveloped in blankets, or coverlids, or mackintosh, sits on a wooden-bottom chair, the steamer under. If at any time too hot, raise the blanket to let in air, or to make the spirits burn better. After steaming, sponge over with 14 Bath list.

PLAN OF BATH ROOMS.



The scale is a quarter of an inch to a foot. A, are dressing-boxes, the partitions being about five feet nine inches high, and a door at C; and where the figures A are, there is a tap with hot water, and one with cold. D, are the beds for packing and fomenting; E, is a gutta serena pipe for spouting; E E, are wood shallow baths; F, are steam boxes; G, is the doorway; and W, are the swing windows. For plans of douche and other baths, see Mr. Smedley's book.

BATH LIST.

168½ Water Dressing is swansdown calico mackintoshed on one side; if cannot be got, use 163, sponged or sprinkled with 174, sprinkled under it, placed over the stomach

JANUARY, 1873.

- 1 Cold Dripping Sheet, standing on flannel pad, with 12, dry rub; keep the dry sheet on while having 73½ or 237.
- 2 Hot Wet Sheet followed by cold one; then 12 with 73½, or 237.
- 2½ Hot Wet Sheet rub over, then cold sheet over it; drop both; then dry rub 12, 12½, keep dry sheet on, and have 73½, or 237.
- 3 One hot sheet and two cold, 73½, 237.
- 4 Hot and cold sheet, partially wrung out, 12, 73½, or 237.
- 5 Two cold sheets, one after another, 73½ or 237.
- 6 Tepid sheet, 70 deg.; keep dry sheet on, and have 73½ or 237.
- 7 Ditto, pad 90 deg. to chest; 12, keep dry sheet on and have 73½ or 237.
- 8 Cold dripping sheet, stand on flannel pad, hold hot pad to front, drop pad and dry rub over with 12, 12½, keep dry sheet on, and have 73½ or 237.
- 9 Sheet 90 deg., then 12, keep dry sheet on, and have 73½ or 237.
- 9½ Sheet 90 deg., can of cold dashed at the back while wet sheet is on, then 12, 12½, 73½, or 237.
- 10 Sponge Over 80 deg., standing on flannel pad, then 12, keep sheet on, and have 73½ or 237.
- 11 Ditto, cold.
- 12 Rub over with dry sheet, feet on flannel pad, 73½, or 237.
- 12½ Ditto, and then rub over with dry flannel sheet.
- 13 Hot Soaping, 10, 12, keep dry sheet on, and have 73½ or 237.
- 13½ Do. with flannel sheet dipped in hot soap-suds, exceedingly pleasant and soothing.
- 13½ Hot soap over with pad, then rub the body dry with sheet, then rub over with tepid vinegar and water and hand. Delicate patients do part of the body at a time; then cover that part before doing rest of body.
- 13¾ The tepid vinegar and water sponging without the suds safely stops sweating, and invigorates.
- 14 Sponge over with sponge partly squeezed out of 80 deg. water, body covered over with blanket, standing on flannel pad, then 12, keep dry sheet on, and have 237.
- 15 Ditto, sponge partly squeezed out of cold, keep dry sheet on, and have 73½ or 237.
- 16 Stand on hot pad, and have several cans of cold water dashed on the back part of the body; hot pad to stomach, then dry rub, keep sheet on, and have 73½ or 237.
- 16½ Ditto, 70 deg. water.
- 17 Pouring on affected limbs, if on the knees, as follows; if on other parts, on the same plan:—Use the water 90 deg. and 70 deg. out of two large cans, pouring them on alternately; place the foot in hot mustard and water in a small foot-bath, and that in a shallow-bath, then cover the foot-bath with a piece of mackintosh, so as to prevent the water that is poured from cooling the foot-bath. Also place a hot fomenting pad all over the thighs. After pouring the alternate cans of 90 and 70 deg. for four or five minutes, then rub the affected part with hot mustard and water with the hand, for two minutes, gently, or with 237; feet wiped with tepid towel, and dried with hand till warm.
- 17½ Pouring with 90 deg. and 70 deg., without the other part.
- 17¾ Weak Ankle, or any weak joint, use 17½, rub dry, then rub with neat's foot oil, varied with chillie paste, then dry spongio gaiter covering top of foot and ankle; if no spongio, with dry wash-leather and flannel.
- 18 Rub over with Sheet partially wrung out of cold water, then 12, 12½, keep dry sheet on, and have 73½ or 237.
- 19 Ditto, out of tepid.
- 19½ Ditto, with blanket over sheet, standing in hot mustard; wrap both sheet and blanket round the body, and well rub over blanket for a minute or two, quickly remove the sheet, and rub with dry flannel sheet, rub feet and ankles with tepid towel, and dry rub with hands after, keep sheet on, and have 237.
- 20 Towel rubbing cold, hot pad to bowels, No. 13 first, doing upper part of body, and then covering that part before doing lower part, then 12; keep dry sheet on, and have 73½ or 237.
- 21 Ditto, without 13.
- 22 Ditto, Tepid towel, and 12½, 237.
- 22½ Ditto with 1½ yard of flannel towel, and ditto.
- 23 Warm pad to chest while applying small mustard poultices between the shoulders; feet in hot mustard, and afterwards rubbed with tepid towel, 12, 12½.
- 24 Dry Rub Over whole body with hands only, covering body with blanket; feet on flannel, and 237.
- 25 Ditto, with dry mustard.
- 25½ Ditto, with chillie paste
- 26 Rub over the upper part of the body, in bed, with wrung-out sponge, cold; put on flannel vest, then sponge over lower part, and rub dry.

- 26½ Ditto, tepid.
- 28 Shallow, 70 deg., quick rub over while in, then dry rub and 73½ or 237, with dry sheet on.
- 29 Pail of cold over shoulders and back, 12, 73½, or 237, with dry sheet on.
- 30 80 deg. shallow, well rub while in, 12, 73½, or 237, with dry sheet on.
- 31 Ditto, 86 deg., ditto.
- 33 Shallow, 96 deg., 4 minutes, then 13, 12, and 73½, or 237, with dry sheet on.
- 34 Back spout in shallow.
- 35 Shallow, 90 deg.; lower it gradually to 80 deg., rubbing the body while it is lowering, 12, 73½, or 237.
- 35½ Ditto, 96 to 105 deg., 5 to 15 minutes, some melted soap in, 12, 73½, or 237, keeping dry sheet on.
- 36 Douche, 12, 73½, or 237.
- 36½ Ditto, standing in hot mustard and water.
- 36½ Ditto, hot pad to front, 73½ or 237.
- 37 Ditto, hot sheet first, and 12, 73½, or 237.
- 37½ Hot spouting on affected parts, followed by No. 149 and chillie paste rubbing.
- 38 Wet Pack. Spread a mackintosh sheet, or thick quilt, on a mattress, and over that two dry blankets; then take a small thick cotton or linen sheet, dip it in tepid water, and wring the water out as much as possible. This is best done by two persons, the sheet being doubled, one taking hold of each end and twisting whilst any water can be got out. The patient, undressed, lies down upon the back on the wet sheet, holding up the arms while one side of it is thrown over the body and tucked in; then the patient puts the arms down by the side of the body, and the other part of the wet sheet is thrown over, and tightly tucked in; one side of the blanket is then put over and tucked in, then the other half, and then the mackintosh sheet in a similar manner; a bed, or plenty of clothes, is next put on the patient, so as to keep the body warm, Put a small pillow on each shoulder, or more clothes, to keep the warmth better in about the throat and shoulders; hot can to feet; 14, 12, after, then keeping the dry sheet on, have 73½ or 237.
- 39 Ditto, sheet wrung out of hot.
- 40 As 38, with a hot pad for the back, and only hot can in front over blanket for the kidneys.
- 41 As 38, with Hot Dripping sheet first, or vapour, to promote perspiration.
- 42 As 38, with Legs in hot foment pads; hot can to feet.
- 42½ No. 38 one hour, then slight 51, or hot dripping sheet, then 14, 12, 73½, or 237, keeping dry sheet on.
- 43 Trunk pack, hot can on front, over blanket, one hour, 12, 237.
- 44 Ditto, pack sheet wrung out of hot.
- 44½ Ditto, the sheet wrung out of hot mustard and water, then No. 12, and replace body-bandage.
- 45 Towel pack, then 12, with or without 73½ or 237.
- 45½ Ditto, with flannel towels.
- 46 Fomenting Pack, as 38, with a flannel pad, 21 in. square, five thicknesses, wrung out of hot water, behind and before, next the body, hot can under first fold of blanket, over the stomach, then 14, 12. Keep dry sheet on and have 73½ or 237; usual time, 1 hour to 1½.
- 47 Do., with hot fomenting pads to legs.
- 48 Liver Pack, fomenting under right ribs and stomach for 10 minutes gently, then rub the part dry, then mustard plaister over liver till the part is red; thin linen or muslin next the skin, under the plaister, then cover up with blanket, and lay small hot fomenting can over for ten minutes; hot can to feet.
- 49 Liver Pack. Double a towel in four, wrung out of tepid water, lay it over the liver, then a fold of flannel or small blanket over, then small fomenting can over the blanket three-quarters of an hour; hot can to feet; rub the part with dry towel or sponge squeezed out of tepid water, then put on a piece of sponge slightly sprinkled with hot water, and 168½ or 234.
- 50 Stomach Pack. Double a towel in four, squeeze it out of tepid water, lay it over the stomach and bowels; then double a small blanket in four, lay it over the towel; then either the small or whole hot can betwixt the folds of the blanket over the stomach; with or without tepid wet head bandage on, and mustard poultices on soles of feet, 1½ inch broad, so as to touch only the soles of the feet; lie in this pack 20 minutes, then sponge over the bowels with a sponge squeezed out of tepid water, and 73½ or 237.
- 51 Steam Bath six or eight minutes, soaping and rubbing body well with pad while in, then 10, 12; keep dry sheet on while having 73½ or 237.
- 52 Ditto, and sponge over with water 70 deg. in box.
- 55 Ditto, and shallow 70 deg.
- 56 Ditto, and Douche, 12, 73½, or 237.
- 57 Hot sheet before steam bath.
- 57½ Pour some water 85 deg. over the head and shoulders, while in steamer.
- 57¾ Hold hot pad to front of body while in steamer, and renew it out of hot water every few minutes.
- 58 Steam affected parts, and sponge with 14.
- 59 Spirit Lamp, feet in hot mustard and water, tepid cloth to head, then 13, 10, 12, 73½, or 237. This always safe; Turkish bath dangerous.
- 60 Ditto, with napkin wrung out of cold water over stomach when the

- body begins to feel the heat, not before.
- 61 Sponge over** with hot soap and water, then hot dripping sheet or vapour before spirit lamp, afterwards No. 19, 73½, or 237; this where perspiration difficult.
- 62 Fomentation** to chest, stomach, and bowels, pad wrung out of hot water, dry blanket and hot can over; not cover up so much as to cause perspiration over all the body; 12, 12½, 237.
- 63 Ditto**, well covered up, and 14, 12.
- 63½ Foment pad** with blanket and mackintosh half-sheet, and ditto to bottom of back and hips, for lumbago, 30 minutes or more, with 141; then 12, 238, and put on 169½, or 233, or piece of dry spongio over loins under 168½.
- 64 Gently foment** back and front 20 minutes, with pads wrung out of 95 deg. water, then wipe over trunk with towel squeezed out of tepid, 12, 237.
- 65 Foment pad** and small hot can only on chest.
- 66 Ditto**, and after rub all over with sheet partially wrung out of tepid water, 12, 237.
- 67 Bowel Foment for Diarrhoea.** Feet in hot mustard water four minutes while undressing, then wrap body in blanket, lie down and put hot can over bowels, and cover up, sipping cold water, or iced water; hot bottle to feet, or 153½; remain till pain is gone, 237, and 233, 234.
- 68 Bronchitis.** Foment chest and throat 15 minutes, wipe dry, and then put on mustard plaister; wipe off with *dry cloth*, and put on *dry* chest compress, and 186 dry, 196.
- 69 Fomentation only to Stomach and Bowels** half an hour, with hot half pad and small hot can, then 12, 237; afterwards put on body bandage.
- 70 Ditto**, 30 minutes, gentle foment with half pad without hot can, and replace warm pad as it loses its heat, and 237.
- 70½ Ditto**, with dry pad and hot can for diarrhoea, and 237 and 235 dry.
- 70¾ Ditto**, with large mustard plaister over kidneys and 239; then replace dry body bandage.
- 71 Chest, throat, and betwixt shoulders** rubbed with cold water and hand two minutes, and replace chest compress dry; throw a blanket over person while performing the operation, need not entirely undress; sit, or lie down; 79 after good.
- 71½ Ditto**, with chillie paste.
- 72 Ditto**, with tepid water, and 237.
- 72½ Ditto**, with hot mustard and water till red.
- 73 Tonic Stomach treatment.** Rub stomach and bowels with hand and cold water for three or four minutes, *gently* and lightly, whilst lying down on the back; 237.
- 73½ Ditto**, whilst standing one or two minutes.
- 73¾ Rub stomach and bowels** with warm mustard and water, gently, three or four minutes, standing in hot mustard with sitz bath blanket over shoulders and back; and then No. 12, 237; replace body bandage.
- 74 Dry Hot half pad** over chest next the skin, without entirely undressing; then the chest compress over it, and button up the waistcoat to keep in the warmth for 20 minutes, if the warmth keeps up in the pad; if not, renew it. It should not be very hot to cause general perspiration. On removing the warm pad, replace the chest compress, the legs during the time in 137.
- 75 Dry Foment.** Hot can over stomach and bowels, over one or two folds of blanket 40 minutes, and wipe part fomented with napkin squeezed out of tepid water, replace compress, and 237.
- 75½ Ditto**, 20 minutes.
- 75¾ Ditto**, 10 minutes.
- 76 For Digestion**, recline on sofa quiet and silent 20 minutes after every meal, with small hot can or mackintosh hot water bag to stomach over the dress, hot bottle to feet. Cover legs up with rug.
- 77 Ditto**, with feather pillow only, or soft cushion on stomach and bowels; legs and feet covered up.
- 78 Constipation.** If no action and uncomfortable, apply fomenting pad and hot can 20 minutes, then 237, and wear 233, 234 until right.
- 78½ Ditto**, and rub bowels over for a minute or two with hot soap-suds, and after wiping the suds off with a dry towel, rub in a little chillie paste or neat's foot oil with hand, and put on dry spongio or flannel bandage.
- 79 Pack** for ordinary sore throat. Napkin wrung out of warm water, two yards of dry flannel wrapped over napkin, wear all night; on rising, wipe throat with sponge squeezed out of tepid water, and rub with mustard or chillie paste; keep throat well wrapped up till well, and wear respirator, and if in cold weather, night and day.
- For severe throat cases, the following never fails to cure if persevered in; nothing but simple diet, no stimulants or animal food, or medicine, or tobacco. Desperate cases have been cured by this process without possibility of injury.*
- 80 Ditto**, with Flannel Wrapper wrung out of hot water instead of napkin, then dry flannel over it one hour, renewing the hot flannel as it cools; then pack with napkin wrung out of tepid, and dry flannel or 163 over, and keep on all night; in the morning wipe throat with sponge squeezed out of tepid water, and rub throat and neck with chillie paste

or mustard and water; cover up throat well; and if cold weather wear respirator night and day. Keep indoors till well.

81 Mustard Plaister to throat and top of chest; wipe off with dry paper, then put round the throat a piece of spongio sprinkled with warm water; dry flannel wrapper over it, keep it on all night; in the morning wipe throat with sponge squeezed out of tepid water; cover throat up well as above, and keep respirator on night and day.

82 Throat Foment. Take a yard of flannel, fold it in four lengthways, wring it out of hot water, wrap round throat, and one yard and a half of dry flannel over; renew every 15 minutes for hours, or till relief is had; wipe throat with napkin squeezed out of tepid water, then put on piece of spongio quite round neck, sprinkled with a little warm water; dry flannel wrapper over; rub throat with chillie paste or mustard and water; 137, 141 useful, and of course the body bandages 233, 234, with 48 sometimes, to get liver in action; purgatives, caustic, or opiates destructive. Wear respirator night and day till well. No medicine, stimulants, tobacco, condiments; take farinaceous diet. This has saved life in many cases, where they had patience and confidence in this natural treatment. Keep indoors till well.

83 Sitz Cold, ordinary sort.

85 Ditto, 65 deg. (See Cut.)

86 Ditto, 70 deg.

87 Ditto, 80 deg.

88 Ditto, 90 deg.

89 Ditto, 100 deg.

90 Ditto, 80 deg., eight minutes, run cold in one minute.

91 Ditto, run down to 65 deg.

92 Soothing Sitz, 80 deg., hot pad on knees and feet in hot water, and well covered up ten minutes, then dash feet in cold and dry rub them; then 73½, or 237.

93 Soothing Sitz, when vitality low, 90 deg., Hot Pad to chest and back eight minutes, feet in hot, run down to 80 before coming out, if convenient, 12, 12½.

94 Ditto, without pads.

95 Sponging Sitz. For ordinary rising treatment, see Home Treatment in Index. Spread mackintosh sheet on the floor, put the ordinary sitz bath upon it about half full of cold water; kneel down, and 128½; then sit in the bath with the feet out, and sponge the front of body, then stand in sitz, and sponge legs, and squeeze spongefuls of water over shoulders and spine, then 73½, dry the body with a linen or bump sheet; this for persons in health, but some in health cannot stand cold water; in that case use tepid or warm.

95½ Ditto, avoid putting legs into the water; sponge the legs with sponge partly squeezed out of cold; dry with sheet.

96 Ditto, Tepid, as 95, in cold weather; or if vitality low see Home Treatment in Index.

The following is a most excellent and safe bath, and easily done; will save persons from fever, or congestion of liver, if applied at night, when cold or out of order:—

98 Sitz, 100 deg., ten minutes; dip a pad in the hot water, and lay it over the back of bath, one over chest and bowels, one in bottom of bath; keep arms well down in water and have blanket covering with the head out, then have soaping and a tepid sponge over, standing in the hot water, then 12, 12½.

99 Hot Sitz two minutes, then well soaping, standing in the hot sitz, then tepid sponging quick, and 73½, or 237. Good for morning bath where cannot stand cold.

100 Sitz; sit in Empty, and let cold water run in three minutes. Put body bandage on to sleep in; keep it on next day if agreeable; running sitz.

101 Ditto, sit in empty, run cold water in till full, then stop the tap, and remain in three minutes.

102 Sitz, filled with water, 100 deg., sit in 10 minutes, and then run cold in one minute; put sitz blanket on, with hole for the head while in, and have feet wrapped in flannel or piece of blanket. (See Cut, Running Sitz.)

103 Sitz, 65 deg. five minutes, and cold running one minute, and as above.

104 Sitz, 85 deg. 10 minutes, at eleven in the forenoon, and at four in the afternoon, and every day lower the temperature 4 deg., and increase the time four minutes, till it comes to 65 deg. and 25 minutes, and as above, sitz blanket and feet covered.

105 Ladies' Sitz is my invention, and can be used by ladies or gentlemen without undressing. It is equally useful for males as females; the use of it two or three times per day, cold or slightly tepid, for a minute or two, would prevent serious ailments; as a running sitz it is invaluable. (See Cut.)

105½ For Piles. Ladies' sitz, with tepid vinegar and water three or four minutes several times per day, then 119½, or sponge the part well with nearly cold water; if painful piles, 58, 105½.

105½ Ladies' sitz, 80 deg. suds, three or four minutes, then 119½ half a minute, or tepid sponge part.

105½ Ladies' sitz, 90 deg. eight minutes run down to 80 deg.

106 Ditto, cold, two minutes every two hours.

106½ Ladies' running sitz. All these ladies' sitz are made running sitz. (See Cut.)

- 107** Ditto, 70 deg. four minutes, and one minute cold running. Soothing and strengthening.
- 108** Ditto, 80 deg. five minutes, and 60 deg. four minutes.
- 109** Ditto, sit in empty, turn cold in till full, and remain in a few minutes. Very bracing.
- 110** Ditto, 85 deg. five min., and one min. cold running. Soothing.
- 110½** Ditto, holding pad to stomach, wrung out of 90 deg. water, or dry hot pad, 73½. Cover feet while using this.
- 111** Spinal Rubbing, with hand and cold water, gentle, sitting in cold sitz, with blanket over front, feet in hot mustard and water, warm pad to stomach one minute, 73½.
- 112** Spinal Rubbing, with hand and cold water, sitting on a flannel pad on a board placed over the sitz bath, the bath with cold water in, feet in hot mustard and water or dry flannel on hot foot tin; hold a dry flannel pad to stomach; 237 after, or 73½.
- 113** Spinal rubbing, gentle, with tepid water, and 73½.
- 114** Spinal rubbing, gentle, with hot mustard water, and one minute tepid water, and pad as above, and 73½. Most excellent and invigorating.
- 115** Spinal rubbing, gentle, three minutes, whilst sitting in 80 deg. sitz eight minutes, and pad as above, then 73½. Very soothing and invigorating.
- 115½** For Sleep and Soothing Nerves. Sitz, 85 deg. 10 minutes, feet in hot mustard and water, tepid wet head-band on, and one minute gentle spinal rubbing; then 73½ or 237; rub feet with wrung-out tepid cloth and then with dry; dry the body with a sheet gently and dress.
- 115¾** For Sleep, Brain and Spinal Cases. Prepare a mustard plaister on brown paper, long enough to go all down the spine from high up the nape of the neck to the bottom of the spine; and one also to cover the pit of the stomach. Lay a piece of the thin crisis calico over the mustard plaister before applying it; this will modify the strength of the mustard, and prevent the mustard adhering to the skin; it will also enable the patient to bear it on much longer, and so produce more benefit. When the plaisters are put on, lay a hot dry flannel pad over each plaister, and well wrap up in blankets, using also 153½ and 215 at the same time. This is very useful in brain or spinal cases, or any sluggishness of the system. This has done wonders in producing sleep and soothing the nerves. It is our sheet anchor for such cases, and cannot possibly do any injury. Many thousand successful cases can testify to the benefit of this invaluable simple operation. It has been given with perfect success in railway collision cases, or any injury of the spine.

- 116** Spouting spine, cold water gently, then 128.
- 116½** Ditto, tepid.
- 117** Cold spouting affected part, and 237.
- 118** Hot spouting, ditto, tepid after, and 237.
- 119** Ascending douche, cold.
- 119½** Tepid ditto.

The following back washes are most efficacious, soothing, and invigorating applications, without the least risk of injury to the most delicate.

- 120** Back Wash. Sit over sitz bath with cold water in, dip towel in water, draw it over the back several minutes, feet in hot mustard and water, 90 deg. pad to stomach, then 128, 73½, or 237.
- 121** Ditto, 90 deg. and 65 deg., several minutes alternately; sit on hot pad, feet in hot mustard, 128, 73½, or 237.

Very important operations as under.

- 122** Back Sponge, for soothing the spine and heart's action invaluable, as follows: sit over sitz, and have 90 deg. water in, sponge spine downwards gently, have hot water running into the sitz slowly, till it increases to 100 or 105 deg., then turn cold water into the sitz slowly, and go on sponging till the water is quite cold, occupying eight minutes altogether; sit on warm pad, feet in hot mustard and water; well cover front of body with blanket, 73½, or 237, 233, 234.
- 122½** Not higher than 90 deg. nor lower than 70.
- 123** Pour two or three cans of water 80 deg. down the spine, sitting over sitz, feet in hot mustard and water, dry rub spine, 90 deg. pad to stomach, and 73½, or 237 very soothing and invigorating.
- 124** Ditto, 70 deg.
- 125** Ditto, cold.
- 126** Spinal slapping with hands and cold water, one hand quickly and very lightly and gently following the other, three minutes, sitting on warm pad over sitz, feet in hot mustard and water, and warm pad to bowels, slight 237 to spine.
- 127** Ditto, with cold water and mustard, or 237.
- 128** Dry Rub Spine very gently until warm with dry mustard and hand, soles of feet in hot mustard water, 73½ or 237, very good for delicate cases.
- 128½** Ditto, with chillie paste.
- 128½** Sponge back of head and forehead with warm water.
- 129** Head Bath, warm, 10 minutes, sponge on forehead tepid. Soothing and strengthening to eyes and head.
- 130** Wash head with warm soap and water, then sponge with tepid water.
- 130½** For Sleep. Pour tepid water over the head for three or four minutes or more.

131 Ditto, Head bath, 70 deg., eight minutes, quiet. Very good.

131½ Ditto, ditto, and foment eyes at same time with small pads wrung out of 90 deg., to prevent inflammation and to restore circulation excellent.

132 Head well rubbed with cold water and hand, well opening the hair, very good for headache.

133 Ditto, and hot mustard hand and foot bath, same time.

134 For Sleep, put on a cotton nightcap wrung out of tepid water, then a thick flannel one over it, well covering the ears, and sleep in them and in wet and dry socks, and on rising sponge the head over with tepid water.

135 Deafness or Erysipelas. Six inches square foment pad, wrung out of hot water, on each side of the head, while lying down; wrap the head up well in dry flannel or piece of blanket, renew the hot pads every 15 minutes for one hour, then No. 134. Repeat all this twice a-day, or once in the day and at bedtime, or bedtime only; keep the face constantly covered night and day till inflammation is gone. (See Index for Deafness, and also for Erysipelas.)

136 Sniffing Bath, for affection of the nose or frontal sinus, stuffing in the head; take a flannel pad three thicknesses, the length and breadth of a hand, squeezed well out of hot water, and lay on forehead, then a cold wet bandage over it, wrapped round the head; have a basin of tepid water, put the nose in and sniff up the water until it returns through the mouth, and spit it out. The water cannot always be brought through the mouth on the first trial, but will be accomplished by a few attempts; the application four or five minutes at a time, and three or four times per day, has cured bad discharge from nostrils and headache, and expelled decayed bone.

136½ Slight Sniffing, without bringing the water through to the mouth.

137 Hot Mustard Leg bath to above calves, then wipe over with tepid towel, and dry rub, rubbing upwards.

138 Ditto, to above the knees.

139 Leg Bath, 90 deg., or just comfortably warm, 30 minutes, for inflamed or sore legs, afterwards wrap legs in dry flannel.

140 Steam Legs, and No. 17½ after.

141 Hot mustard towel pack thighs, legs, and feet as long as can be borne; then rub dry with a dry cloth, rubbing upwards.

141½ Sciatica. Steam affected part; then 17. (See Index, Sciatica.)

142 Wet Pack Legs only, with usual thick cotton sheet, blanket and mackintosh sheet three-quarters of an hour, each leg separately, sponge

with 14, then dry rub upwards. Soothing and invigorating.

143 Foment pack legs with hot pads 40 mins., dry blanket, and mackintosh sheet, and rub with sponge or cloth squeezed out of tepid water. Stimulating and soothing.

144 Sciatica or Weakness in Legs. Foment Lower Part of back, bowels, and legs, with pads before and behind, ½-hour or more, and then rub with tepid wrung-out towel and dry mustard, or 237; wear good lamb's-wool stockings; must keep legs and feet warm. (See Index for Sciatica.)

144½ Rheumatism in Knees. Spongio knee-cap, dry rub and then with chillie paste.

144½ Sprains of knee or ankle joints. (See Index, Sprains.)

145 For Leg Crisis, when hot or irritable; first have leg-bath tepid, just comfortably warm, not hot, for 20 minutes, keeping up the temperature by adding more warm water; then lie in bed, put a piece of mackintosh to prevent wetting it, and on that a piece of flannel, then dip cloths in water 70 deg. and lay them loosely round the limb; then a single piece of flannel loose over the wet cloths; keep renewing the wet cloths as they become hot, go on repeating them till irritation and heat are gone; this is applied in the last stage of crisis, and when the discharge has nearly ceased. This especially for crisis when hot and irritable; but if crisis becomes dark coloured, stop and foment, and re-pack with usual wet bandage, flannel, and mackintosh, until the part is red. Keep part constantly covered from the air.

146 Sponge legs if matter on gently, with hot soap and water during 145.

146½ Sore Legs or inflamed legs or joints, wound or no wound. When deep wound and strongly inflamed, then use No. 220, applying 150½ two or three times a day; oatmeal in the warm water occasionally, instead of warm suds. As soon as this has removed the offensive matter, and well cleansed the wound, then apply wash-leather well squeezed out of hot water, and either flannel or spongio, or both, over the wash-leather; and use 223 only for leg, till all inflammation and pain are out. Then only the dressing renewed and the No. 17½ applied. This latter treatment will strengthen the leg much; and when able to bear it, omit the can of 90 deg., and use only 70 deg., or cold, till well. When general pain in leg, but no actual sore, then 214 should be applied till crisis is produced, and then use 145. At the same time, the general health should be strictly attended to; little or no flesh meat; entirely abstain from stimulants and tobacco, or no use.

- 147 Evaporation** for any part under painful crisis, apply on the bed as 145, but use cloths squeezed out of hot water.
- 147½** After the above operation has removed all matter, and the skin only remains tender, apply silk stockings or wash-leather in the following manner:—After putting on the stocking or wash-leather squeezed out of warm water, slightly sponge over with sponge squeezed out of tepid water, then dry merino or lamb's-wool stocking over, or strips of flannel. The silk or wash-leather dressing must not be removed until the skin is sound; but whenever leg is uncomfortable, slightly sponge over the silk or leather without taking them off. This plan hastens the formation of good skin by preserving it from the air and from being rubbed.
- 148 Immerse** the part affected in water 90 deg. frequently; and gradually as the inflammation subsides lower the temperature till tepid can be used with comfort, with or without oatmeal.
- 149 Rub Weak** part with the hand and cold water three or four minutes, while the part near is kept warm either with hot pads or hot mustard and water; finish with chillie paste, or mustard and water.
- 150 Ditto**, rubbing with **Hot Mustard** and water.
- 150½** Immerse the part affected in hot soap-suds half an hour two or three times per day dress, as 151.
- 151 To Dress Boils**, three or four folds of old linen lint or wash-leather, size of the place, squeezed out of hot water, then piece of spongio wetted, larger than covers the place, bandaged on over the linen or wash-leather and spongio with strips of linen or calico; this dressing must be re-wetted often; the cooler the place is kept the sooner it will heal. No. 220 also good, if very inflamed.
- 152 An Enema** of about a quarter-pint warm soap and water. An india-rubber bottle the only safe way.
- 152½** Ditto, with Cond's Fluid, eleven parts water, good for irritation or worms, and quite safe to use; it is also very good for mouth-wash.
- 152¾** With warm water or gruel and dessert-spoonful of glycerine.
- 153 Mustard Plaister** to soles of feet, for cold feet, one and a half inch broad, and dry socks to sleep in. (See Darlow's Magnetic Socks, Index.)
- 153½** Mustard plaister to affected part till red.
- 153¾** Hot brick to feet with wet mustard cloth over brick, in bed or sofa.
- 154 Foot Bath**, stamping in cold water two minutes, water only covering toes. These foot-baths and hand-baths good to get circulation, and always safe.
- 155 Hot Foot bath**, four minutes, then stamp in cold two minutes.
- 156 Hands and Feet** in hot mustard and water several minutes, then dash in cold water and rub dry, then dry mustard to soles of feet.
- 157 Foot and Hand Bath**, 90 deg., mustard and water, well rubbing them whilst in, or well moving them, four to six minutes, then rub with tepid towel and dry hands.
- 158 Have Hands** and feet rubbed with cold water and hand, for three or four minutes, till quite warm.
- 159 Soles of Feet** in hot mustard and water, whilst legs and thighs are well dry rubbed upwards with dry hands; dash feet in cold water after taking them out of hot.
- 160 Ditto**, ditto, rub with dry mustard.
- 160½** Ditto, with chillie paste.
- 161 Ditto**, rubbing with mustard and hot water, putting hot pads to thighs.
- 162 Palms** of hands in hot mustard and water, and hot pad to shoulders; after, rub the arms, as above for rheumatism.
- The following variety of bandages are made to suit all cases, strong or delicate. Their use is all-important, can be left off any time without injury.
- 163 Body bandage**, jaconet mackintosh, and swansdown calico, 9½ in. broad; calico part wrung out of tepid water, renewed morning, noon, and night, or morning and night, flannel wrapper over in night; 34 in. mackintosh and 24 in. flannel.
- 163½** Ditto, wet only the part over bowels.
- 163¾** Ditto, in night only.
- 163¾** Only every other day.
- 164 Ditto**, as 163, worn from **Rising to Noon**, and from four o'clock to bed-time, and when bandage taken off, replace with single dry flannel bandage.
- 165** As 163, with flannel wrapper over, in night and in day also, if 163 not warm.
- 166 Body bandage**, **Mackintosh and Flannel**. Mackintosh part sponged slightly with tepid or cold water, worn all day.
- 167 Ditto**, from **Rising to Noon**, and from four o'clock to bed-time. Replace with dry flannel bandage.
- 168** Ditto, night and day.
- 168½** Water dressing body bandage slightly sponged with tepid. This is swansdown calico mackintoshed on one side, 9½ broad, 34 in. long, and 24 in. single flannel at the end.
- 168½** Ditto water dressing, 7 in. wide.
- 168¾** Ditto, with a piece of spongio 8½ × 7 loose over stomach.
- 169 Spongio** body bandage and flannel all day, spongio part to cover the bowels, and sprinkled or sponged with tepid water, but not too wet, or it will drip and be uncomfortable.
- 169½** Spongio part to go quite round body.

170½ As 169, with a piece of spongio over bottom of back.

171 Dry Flannel body bandage, all day.

172 Ditto, over wet bandage.

173 Body bandage, swansdown calico only, and wet as much as will go round the body, and dry flannel over.

173½ Dry ditto, in night only.

173½ Crisis Bandage, four thicknesses of jaconet calico, rubbed till soft, wrung out of tepid water, put round the body, and a single dry flannel bandage over, washed and renewed every two or three hours, washing the crisis part every time gently, with warm soap and water, but not to rub the parts; if any discharge, a second bandage should be ready, to have one always well washed and ventilated.

173½ Crisis bandage for legs when the mackintosh is left off, two thicknesses of crisis calico, wrung out of tepid water, and kept damp by sponging carefully without removing oftener than once in 24 hours, when not much discharge; a dry flannel bandage must be worn over all.

174 Piece of Spongio, 8½ x 7, dry or damp, to Stomach.

174½ Ditto, spongio 17 x 7.

175 Ditto, on liver, 8½ x 7.

176 Ditto, on heart, 8½ x 7.

177 Half Chest Compress, oil silk and flannel with collar, night and day, dry or sprinkled with tepid water. (See Index for cut of Compress.)

178 Ditto, Spongio, dry or slightly wetted.

179 Chest compress, Full Size, silk and flannel.

180 Ditto, Spongio, dry or slightly wetted.

181 Half chest Swansdown Calico, silk and flannel. Calico part wrung out of hot water, this is warmer than 183.

182 Full size ditto.

183 Half Chest compress, double Swansdown Calico, one thickness wrung out of water.

184 Full size, ditto.

184½ Dry flannel, half chest compress, with collar to wear in summer.

184½ Without collar.

184½ Full size dry flannel, with collar.

185 Spongio jacket complete, with short sleeves, tied in front, for low vitality.

185½ Ditto, oil silk and swansdown calico fastened at the back for skin disease, calico squeezed out of warm water.

185½ Drawers of same.

186 Spinal Compress, silk and FLANNEL dry or damped.

187 Ditto, silk and SWANSDOWN CALICO.

188 Ditto, SPONGIO, where low vitality.

189 Ditto, single dry SWANSDOWN.

192 Wet Silk Gloves worn constantly wet, and wetted by putting the hands into tepid water without

taking them off; will take off heat of hands, or heal rough sore hands.

193 Cotton gloves wrung out of tepid, and woollen over, worn day and night.

193½ In night only.

193½ Sweating Feet. (See Index.)

194 Cotton Socks wrung out of cold water, and dry woollen over, to sleep in, for cold feet; rub soles with dry chillies or mustard. (See Darlow's Magnetic Socks, index.)

195 Ditto, wetting only the soles of the cotton socks.

195½ Sciatic leg case. This is made of jaconet mackintosh, lined with flannel, to go over hips and down to ankle, made separate for either right or left leg.

196 Maw's respirator on going out. (See Index.)

197 Sleep in respirator, in bronchial cases very good.

198 Short Jacket of merino or flannel, with short sleeves and collar, to sleep in, and flannel scarf round the throat, for the delicate or bronchial affection.

198½ Complete hosiery merino or lamb's-wool dress to sleep in, for delicate persons very good.

199 Galvanism.

200 Gymnastics.

200½ Special ditto.

For strengthening the eyes and preventing inflammation.

201 Eye Glasses, use 70 deg. water five minutes. Eye glasses can be bought at druggists'.

202 Ditto, cold three minutes.

203 Ditto, 90 deg. three minutes, and cold two.

204 Steep forehead, face, and nose in cold water, and sponge head with warm.

205½ Eye Douche cold.

205½ Ditto, tepid.

206 Sip water often during the day.

206½ Cold ginger tea.

207 Tea-spoonful of Cod Liver Oil after breakfast and after tea.

207½ One tea-spoonful at bed-time.

DIET.

208 No Flesh Meat, only gravy, and a little vegetable or rice, and the usual farinaceous puddings.

209 No Vegetables, only boiled rice and cold meat, or plain sandwich; no puddings.

210 Very little flesh meat, no beef or pork.

210½ Animal food every second or third day, no seasoning, no mustard.

211 Liver complaints, very moderate of cold lean mutton, cold chicken or cold game, with bread and cold water to breakfast, dinner, and tea.

212 Cup of cocoa or weak black tea before rising treatment; a cup of beef

- tea with a little toast before forenoon treatment.
- 213** A little arrowroot or sago at half-past eight p.m.
- 214** Bandaging limbs, first with strips of swansdown calico, wrung out of water tepid or cold, then strips of mackintosh or oil-silk, then plenty of flannel strips over all. Very efficacious for varicose veins or cold legs.
- 215** For Sleep and soothing head. Wet double calico skull-cap frequently renewed out of cold or tepid water, worn all day.
- 215½** Sponge head with hot water, bed-time; put on fine cotton night-cap, wrung out of cold water, elastic merino, or fine flannel cap dry over, to sleep in.
- 215½** Ditto, with oil-silk cap over.
- 215¾** For Sleep or Soothing Head. Fine cotton night-cap, wrung out of cold water, hosiery merino or thin woollen or thin flannel cap, dry cap over.
(From Mrs. Smedley's Manual.)
- 216** Ladies' Present time treatment (*Ladies will understand when to use this*)—if wearing compresses have them dry, then on third night two minutes ladies' sitz 65 to 70 deg., and damp the compresses in warm water. Fourth day, morning, noon, afternoon, and night, ladies' sitz two minutes, 65 to 70 deg. and damp compresses as above. Fifth day, a two minutes' cold sitz as above every two hours till well. If fifth day unsuccessful, then undress and dash into an ordinary large sitz with cold water in, and out immediately, then lie on bed, wrapped in blanket, and have towel rubbing over lower part of bowels and back for two minutes, repeat twice per day, and keep quiet.
- 217** Ditto, not under 70 deg.
- 218** Ice cream.
- 219** Iced water.
- 220** Bread Poultice, put in a thin, soft calico bag, 10 in. by 7 in. applied to stomach under 163 or 168½, and 169½ over all in night, one poultice also over kidneys, or to any part wanting vitality, 233, 234, slightly sprinkled with tepid water, a little chillies or mustard sprinkled on the poultice more efficacious, if can bear it. This is most efficacious in indigestion and giving sleep.
- 221** Fever Pack, which has saved thousands from death. Spread a mackintosh sheet on bed, then a blanket, and put a thick sheet well squeezed out of hot water on top of blanket, and let the patient lie upon it with 153½ to feet, and legs packed to knees in hot foment pads; then lay a thick towel, also squeezed out of hot water, down front of body, bringing the wet sheet well over shoulders and over towel; then well wrap the blanket and mackintosh sheet over all, put skull-cap well wetted out of cold water on head, and a large sponge slightly squeezed out of cold water for the back of head to lie upon; every quarter of an hour have a fresh towel ready for front of body, and partially uncover the patient, and remove the other towel and place the fresh towel in its place; also frequently renew the cap and sponge out of cold water for the head, and if head is very hot, apply a mustard plaister to nape of neck till red, and then a small hot pad on back of head for a few minutes before renewing the sponge, will draw much heat from head. If the fever is high, the above pack may be thus given for several hours, if the patient is not restless in it; but when removed from pack, some warm soapsuds should be ready to well sponge the patient all over with, and dry rub quickly. This pack may be renewed with perfect safety as long as fever is present. Cold water should be freely given to the patient to drink whilst in pack.
- 222** Soap Blanket. Blanket partially squeezed out of hot soap and water, laid upon a mackintosh sheet on bed: lie down on this blanket, and wrap it round whole body and be well rubbed in it, rubbing over the blanket; then give 19½, or should patient be unfit to move about, then gently replace the "Soap Blanket," then 12, 12½; dry rub whilst reclining.
- 223** Dry Pack. Spread mackintosh sheet on mattress; also spread two blankets over mackintosh; then, after patient is laid down on blankets, place a hot brick as 153½, and a similar brick on each side of patient, but not to touch the body; then well wrap the blankets and mackintosh sheet round the patient, and put a bed on top of all, and if the patient is difficult to sweat, then lay more hot bricks. After a good sweating has been produced, then give a quick sponging over the whole body, with warm soap-suds and 14.
- 223½** Swelled Legs, or Rheumatic Gout, or Dropsy. (See Index.) Dry Pack to leg or legs, spread a small mackintosh sheet on mattress, then one blanket doubled; patient lie down on blanket; place two hot bricks, wrapped in napkins, one outside each leg near calf, one to feet; napkins wrung out of warm water, then well wrap the blanket and mackintosh sheet round legs and feet to sweat them well, from half an hour to two hours, according to strength of patient; 17½ after, then dry rub upwards, and wear lamb's-wool stockings and a spongio gaiter, or bandages, to keep up warmth. When no crisis or sores, wring napkins out of mustard and water, or hot vinegar and water.

224 Winter Turban. Take a strip of flannel, about four inches wide, long enough to go twice round the head. Squeeze half of it out of hot water, and let the other half be dry, to bind over the wet; then put on the skull-cap (see No. 215½). Keep renewing each of these as often as required.

225 Bowel Pack has saved a great many lives. Have two flannel foment pads, five thicknesses, 21 in. square, well squeezed out of strong hot mustard and water; put one on front of body and one on back; bind them well on with blanket doubled in four, lengthways; place a mackintosh sheet same way over all, and 141 or 143, stay in till the patient sweats; then have an empty bath, and place in it a flat tin full of hot water just comfortable to stand upon; sponge down the patient well and quickly with hot soap-suds and 14, and also pour 80 deg. water over head. The above pack leaves every limb at liberty, but 153½ should be kept at feet, and head packed as 224.

226 Chest Pack, very efficacious and safe. This is very effective in sudden or obstinate attacks of the chest. Take a flannel pad, four thicknesses, full size of chest: wring it out of hot water, lay it on chest, with two thicknesses of dry flannel over, and then full-size silk and flannel chest compress, dry; and put a flannel wrapper round the body, over all; let all remain on all night; and in morning, 14, 12 or 12½, put on silk and flannel chest compress, the flannel part sprinkled with tepid water. If no chest compress at hand to put on at bed-time over the other, put so much more dry flannel on; or a cloth waistcoat, buttoned over all, is used with good effect.

226½ For weak sight without inflammation, fill the eye-glasses with water 60 degrees, and in a stooping position, to keep the water in. Then raise the head with the glasses fitting over the eye, and open the eye-lids to allow the water to come in contact with the eye-ball. Keep the glasses on five minutes, then change the water; and while changing let the eyes face the strongest light. Thus go on applying water in the same way five minutes longer, repeat this three or four times a day, after a few days use only cold water. If convenient, pack the forehead with a piece of swansdown calico wrung out of cold water, and oil-silk over, during the application.

Slightly Inflamed Eyes treat as follows:—Use head-bath cold or rather tepid; foment the eyes and forehead for ten minutes with hot flannel pads wrung out of water as hot as can be borne while using the head-bath, then pack the forehead

as above with wet swansdown calico; and apply the glasses, with water 70 degrees to commence with for three minutes, the next three minutes 60, and then three minutes cold; and in changing the water open the eyes and face the light. When the inflammation is subdued, then treat the same as for weak eyes; for accidental injury apply the same. Eye-glasses, or eye-douche, can be bought at any druggist's.

227 Eyes, Inflammation of. Invariably subdues inflammation. Use No. 131½, often renewing the pad, to have it as hot as can be borne; go on with this fifteen or twenty minutes, then No. 201 five minutes, with feet in hot mustard and water; then a small piece of crisis calico and spongio-piline or damp wash-leather wetted and put over the eyes, and a handkerchief over to keep it on: repeat all this several times per day, till the inflammation is subdued. As soon as most of the inflammation is reduced, omit the piece of spongio on the eyes, as it should be kept from the light as little as possible, and continue the other treatment till all inflammation is subdued, then 202 every day to strengthen the eyes. When inflammation is strong, or very painful, use 220 under spongio instead of crisis calico; and when height of inflammation over, use eye douche tepid.

227½ Deafness. We have succeeded in curing or relieving cases where it has resulted from weakness of the nerves, or low power of the excretory ducts, by using general invigorating treatment, and the use of bath Nos. 134, 135, 136, also 58, 220 over ears in night, and damp spongio all day; the 58 should be applied with gutta-percha steaming pipe, which is supplied with the portable steamer, and is very easily done; the ear douche (see Cut) should be used gently, with 90 degrees water, directly after steaming; and if in cold weather, a little lamb's-wool put in ears, moistened with olive oil or glycerine, or dry, to keep up the warmth in the ear till the mucous lining is restored. The object of this treatment is to restore the secretion of the healthy waxy mucus; care should be taken to keep the glands under the ear warm till the ear is strong.

228 Wounds slow to heal (see Index).

229 Rain Bath.

229½ Hot to cold.

230 Spray Bath. Tepid to cold.

231 Soothing Nerves for Sleep. Keep in bed, with 220 (made with the addition of a small quantity of pounded chillies mixed in with the bread) placed all over stomach and bowels, also one of same on kidneys and on nape of neck, and 169½ and

- 186 or 180 back and front of body, and dry warm flannel body-bandage over all. Keep also 153½ and 224, or 215½ also regularly applied. When all above renewed, if perspiration, then use 22½ with 90 deg. vinegar and water, or 13½ if *much* perspiration, but in doing either be very careful not to expose the body to cold, best do only part at a time. (See "Delicate Patients," 13½ in Bath List.)
- 232 For irritation of heart or brain, ladies' sitz, with 88 deg. water for 15 to 20 minutes. Keep feet on flat tin with hot water in, without removing shoes and stockings; hold hot water bag to stomach over dress, and have a 220 sprinkled with chillies or mustard kept on nape of neck during the time; use 25 to loins and thighs on coming out.
- 233 168½, with 174 over stomach, slightly sponged.
- 234 168½, 174, slightly sponged, 169½ dry over in night.
- 235 Spongio, 8½ × 7 inches on 36-inch flannel, 9-inch broad.
- 235½ Ditto water dressing.
- 236 Ditto, spongio, 17 × 7; ditto, water dressing.
- 236½ As No. 163.
- 236½ As 163, with 169½ dry over in night.
- 237 Chillie paste, rubbed over stomach and liver.
- 238 Ditto, over loins and hips for lumbago.
- 239 Ditto, over spine and kidneys.
- 240 Ditto, on joints for rheumatic or gouty swellings.
- 241 Ditto, rub over chest and betwixt shoulders.
- 242 As chillie pomatum cannot always be had, use unsalted lard, with pounded chillies mixed in.

APPARATUS FOR HOME USE.—Sitz baths, mackintosh sheet, sponge, sitz blanket, pair of pads for 98, drying sheet, stomach can, foot tin, ten-quart can, with cover to hot water, and bandages, compresses, &c.

SPECIAL HOME TREATMENT.

A. On rising, 162 and 161, keeping a warm pad, or 153½, on stomach. Forenoon or afternoon, 157 and 119½; or if 119½ not available, then 105½, and a can of 70 deg. poured through as long as comfortable. Bedtime, 70½, using glycerine rubbing to bowels before and after. Once a week, 222 or 13½.

B. On rising, 126½, or 14, or 12½ only. Forenoon, 48 or 49. Bedtime, 137 and 130. Once a week, 99½.

C. On rising, 123, using 128 before and after. Forenoon or afternoon, 110½. Bedtime, 78½ when required, and when not, then repeat the rising treatment. Once a week, 13½ with 31.

D. On rising, 31, dry rubbing as in 19½, and if chilly, go into 31 with 12½ on. Forenoon or afternoon, 119½ or 109; if latter, use 25 to loins and thighs afterwards. Bedtime, 70 for a quarter of an hour. Once a week use 13½ with 31.

E. On rising, 9 or 2½. Forenoon or afternoon, 133. Bedtime, 92. Once a week, 59.

F. On rising, 96 or 13½. Forenoon or afternoon, 143 and 132. Bedtime, 105½ and 128½. Once a week, 115½.

G. On rising, 114 or 115. Forenoon or afternoon, 74. Bedtime, 131½ and 73. Once a week, 98.

H. On rising have 14 or 15. Forenoon or afternoon, 71; but occasionally use glycerine, and then rub it for a quarter of an hour, and have bare feet against 153½, and lying as 76, so that only the chest is exposed. Bedtime have 226 and 82. Once a week, 13½ before 14, and then 75½.

I. On rising have 22 or 22½. Forenoon or afternoon, 62. Bedtime, 94. Once a week, 59.

J. On rising have 7 or 19½. Forenoon or afternoon, 74. Bedtime, 70 or 69.

K. On rising have 8½. Forenoon or afternoon, 64. Bedtime, 73½. Once a week, 13½ and 115½.

- L. On rising have 95. Forenoon or afternoon, 119½ or 109. Bedtime, 12½. Once a week, 33 or 55.
- M. On rising have 8 and 12. Forenoon or afternoon, 155 or 159. Bedtime attend to 78. Once a week, 59.
- N. On rising have 32. Forenoon or afternoon, 119. Bedtime, 111 or 112. Once a week have 98.
- O. On rising, 124 or 125. Forenoon or afternoon, 108. Bedtime, 157 (and 130 occasionally). Once a week 69, after 13½ and then 14 with a little vinegar and water.
- P. On rising have 50. Forenoon or afternoon, 141 or 143. Bedtime, 114. Once a week, 222.
- Q. On rising have 10 or 11. Forenoon or afternoon, 106. Bedtime, 133. Once or twice a week, 99.
- R. On rising have 24 or 25. Forenoon or afternoon, 63 or 64. Bedtime, 105½. Once a week, 223.
- S. On rising have 115. Forenoon or afternoon, 131½ and 157. Bedtime, 149 or 150. Once a week, 17½.
- T. On rising have 126 or 127. Forenoon or afternoon, 110. Bedtime, 70½. Once a week, 33.
- U. On rising have 7. Forenoon or afternoon, 49. Bedtime, 120. Once a week, 13½ and 2½ after.
- V. On rising have 26½. Forenoon or afternoon, 156. Bedtime, 92. Once a week, 38 or 47.
- W. On rising have 111. Forenoon or afternoon, 161 and 132. Bedtime, 112. Once a week, 13 with 93.
- X. On rising have 25 or 25½. Forenoon or afternoon, 115½. Bedtime, 78½, without the foment.
- Y. On rising have 95½. Forenoon or afternoon, 137. Bedtime, 73. Once a week, 13½ with 30.
- Z. On rising have 123. On forenoon or afternoon, 107. Bedtime 128½ and 161. Once a week, 98.

A FEW ADDITIONAL HOME TREATMENTS.

"ALEPH," on rising, 115¾ (made almost all of linseed meal); forenoon or afternoon, 141 and 224. "Bedtime," 130; whilst in 105½.

"BETH," on rising, 119½ when dressed—forenoon or afternoon, 122½. "Bedtime," 110½; once a week, 13½.

"GIMEL," on rising, 64; forenoon or afternoon, 17 to legs. "Bedtime" 114; once a week, 35.

"DALETH," on rising, 157; forenoon or afternoon, 45½. "Bedtime," 130 whilst in 137; once a week, 222.

"HE," on rising, 16½; forenoon or afternoon, 109, using 25 to loins and thighs after. "Bedtime," 70; once a week, 99.

"VAU," on rising, 32; forenoon or afternoon, 119½. "Bedtime," 105; once a week, 51.

"ZAIN," on rising, 20; forenoon or afternoon, 132 and 158. "Bedtime," 111; once a week, 99.

"CHETH," on rising, 22½, with vinegar and water, using foment pads out of hot mustard and water to stomach, hands, and feet at same time; forenoon or afternoon, 65 (occasionally giving 23 or 68 instead). "Bedtime," 105¾ or 157. Once a week, 13½ as delicate, and attending to the "pads" as on rising.

"TETH," on rising, "fomentation" to affected parts whilst giving 20; forenoon or afternoon, 58 or 17, or both. "Bedtime," 70, and "foment" affected parts at same time; once a week, 223.

"JOD," on rising, 149 or 150 whilst in 50; forenoon or afternoon, 117, with hydropult, whilst sitting, as 128. Use it tepid, if

more agreeable, but with either, lay a hot pad on affected part first till able to bear it comfortably without pad. "Bedtime," attend to 78; once a week, 52 or 55.

"CAPI," on rising, $12\frac{1}{2}$; forenoon or afternoon, $116\frac{1}{2}$, sitting as and using 128 before and after. "Bedtime," $119\frac{1}{2}$ or 161; once a week, $13\frac{1}{2}$.

"LAMED," on rising, $119\frac{1}{2}$ or 108; forenoon or afternoon, 229 tepid, and with crisis sheet out of hot, and dry rub, as $19\frac{1}{2}$. "Bedtime," $12\frac{1}{2}$.

"MEM," on rising, 25 or $25\frac{1}{2}$, using mustard pads to stomach and extremities; forenoon or afternoon, 59 or 60 and go to bed for one hour afterwards. "Bedtime" 130 and $73\frac{1}{2}$.

"NUN," on rising, 14, with a little vinegar in water; forenoon or afternoon, 230 tepid or $116\frac{1}{2}$, with hydropult; either of them taken whilst sitting as 128. "Bedtime," repeat the rising, if agreeable.

"SAMECH," on rising, $12\frac{1}{2}$, varied with $115\frac{3}{4}$; forenoon and afternoon, carry out 104 in ladies' sitz, but without lowering the degrees till fully able to bear it comfortably; keep feet on flat hot water tin, and use $130\frac{1}{2}$ before or 132 during. "Bedtime," 70 and steamed hop pillow or mackintosh hot water bag for head, and $193\frac{1}{2}$ and 195 and foot bottle.

"AIN," on rising, only renew the $185\frac{1}{2}$ and $185\frac{3}{4}$, and give $12\frac{1}{2}$ first, and keep in bed a while, till all chill gone off; forenoon or afternoon, have 130 and 157. "Bedtime," give $13\frac{1}{4}$, and then 12 or $19\frac{1}{2}$ with bump sheet out of 90 degrees, and put on fresh dress. The swansdown should only be sponged over with tepid water, not wrung out of water, unless done in a wringing machine, because it should only be *damp*, not *wet*.

"PE," on rising, renew the 220 (sprinkled or not, according to skin), and then give 162 and 161; forenoon or afternoon, $78\frac{1}{2}$ alternate with $70\frac{3}{4}$, and renew the 220. "Bedtime," $105\frac{1}{2}$ and 132, with feet on hot tin, and may stay in a quarter of an hour, if comfortable; once a week, have 222 or 99.

"TZADDI," on rising, 93 or 94, according to heat of body or weather; forenoon or afternoon, $70\frac{1}{2}$, attending to warm water bag or steamed hop bag for head at same time. "Bedtime," 137 or 138; once a week, 39 or 47, 224 or 215 with each.

"KOPH," on rising, $44\frac{1}{2}$, alternate with 44; forenoon or afternoon, $105\frac{3}{4}$ or $119\frac{1}{2}$; if latter, use steam pads to thighs and flat hot can to feet, and give 25 to loins and thighs afterwards. "Bedtime," $78\frac{1}{2}$ when needed; once a week, have $13\frac{1}{2}$ and $75\frac{1}{2}$, or 76 after.

"RESH," on rising, $141\frac{1}{2}$; forenoon or afternoon, 121. "Bedtime," as 231 when pain bad, and when not requiring this, give 70 for a quarter of an hour; once a week, 222 or 98.

"SCHIN," on rising, 20; forenoon or afternoon, 87 or 88 for half an hour in ladies' sitz, with warm can for feet, and 215 or $215\frac{1}{2}$ or 224, whichever suits best, and occasionally 130. Give 25 to loins and thighs on coming out.

"TAU," on rising, 62; forenoon or afternoon, $105\frac{3}{4}$ or $119\frac{1}{2}$, and give $153\frac{1}{4}$ to windpipe. "Bedtime," 128, and use $22\frac{1}{2}$ with vinegar and water before being removed from 128; once a week, $13\frac{1}{2}$ given either way, as feelings dictate.

With all the scientific acquirements of all the learned Doctors in the world, they have never yet invented means to make the bowels, liver, and kidneys act without using ruinous purgatives and diuretics. Our plans accomplish natural action from external applications alone.

The following Selections of Bath Numbers may be useful as a General Guide to Treatment; the separate Printed Lists may be had by application, per post, free.

NERVOUSNESS.—The following treatment is intended for cases where there is no positive disease of the nutritive organs, but for the class of dyspeptics with overwrought energies of mind or body. Severe cold water is the rule for such cases at most Hydropathic Establishments; but it is never used without danger to the life of the patient, and never cures. Milder treatment is often resorted to when permanent mischief has been done by the other treatment. The following baths are calculated to avoid relaxing the frame, but at the same time gently stimulate; such cases generally have better appetite than powers of digestion, and often suffer from taking too much food. Warm clothing is indispensable to keep up the vitality of the surface of the body, and thereby relieve internal congestion. Gentle exercise in the open air is necessary. Avoid aperients, however constipated, but occasionally use enema of warm water; but not if action of bowels every few days. 70, 122½, 92, 78½, 115½, 120, 130, 131, 157, 186, 163½, 93, 13½, 22, 24, 25, 128, 128½, 99½, 119½, 13½, 7, 51, 229½, 35, 64, 76, 77, 45, 143, 6, 13, 19, 21, 30, 35½, 36½, 43, 55, 63, 70½, 73, 73½, 87, 91, 94, 95½, 96, 98, 99, 103, 116½, 124, 126, 127, 132, 133, 153, 154, 158, 161, 162, 165, 193, 195, 199, 200, 204, 205, 205½, 206, 207, 210, 210½, 212, 213, 215, 218, 221, 222, 237.

RHEUMATISM, ACUTE, is brought on by long-continued indigestion. The red tongue will have shown signs of inflammation of the mucous membrane lining of the digestive organs before the rheumatic pains are felt. In this stage there is inflammatory action, and the treatment must be with a view to stop it, and draw the inflammation out to the surface of the body; this almost always develops itself in crisis, and soon as the rash comes out, relief is soon felt, followed by cure. For this purpose treatment producing greater reaction than in chronic rheumatism is best, such as hot baths, followed by cold, and abstinence from flesh meat,

all stimulants, tobacco, coffee, &c. Purgatives or blistering do certain mischief. 47, 223, 214, 220, 153½, 58, 52, 98, 144, 162, 161, 193, 194, 195½, 150½, 133, 118, 17, 225, 25, 137, 141, 153½, 160, 161, 170, 186, 210, 59, 9, 22, 22½, 26½, 33, 35½, 40, 41, 42½, 43, 44, 46, 55, 60, 66, 73½, 75, 78½, 88, 93, 119½, 121, 150, 153, 163, 165, 168, 199, 206, 207, 208, 222.

CHRONIC RHEUMATISM.—When the first stage of rheumatism (acute) has been allowed to go without remedies, the vital powers of the body become prostrated in a degree which, without inflammatory action, settles down into permanent stiffness, contraction, and pain on moving. The treatment is with a view to raise this prostrated state by gentle soothing treatment, and not by strong cold and hot baths, which are so beneficial in the first stage of the complaint. 17, 118, 24, 25, 22½, 25½, 36½, 37½, 52, 75, 78, 127, 128, 114, 110½, 186, 193, 195½, 195, 198½, 199, 200, 222, 13½, 9½, 61½, 150, 149, 143, 140, 13, 14, 20, 35, 35½, 46, 47, 51, 53, 55, 57, 57½, 59, 69, 92, 99, 108, 112, 119½, 123, 124, 130, 137, 141, 142, 153½, 156, 159, 160, 161, 162, 163½, 166, 168, 169, 170, 172, 206, 207, 208, 210, 214, 237.

BRONCHIAL AFFECTIONS and diseases of the lungs are very generally owing to the changeableness of the English climate, accelerated by carelessness in dress and ventilation, and very much by the attempts at remedy in giving nourishing food, stimulants, and blistering, and tonic medicine. We have, in these cases, the greatest prostration of strength; the bronchial tubes being in a diseased state, prevent a due supply of oxygen to the blood, and hence the rapid loss of strength. There is always fever attending the disease, and any strong treatment or over-excitement by cold baths, or want of proper clothing, will inevitably bring on hectic fever, shown by the flushing in the face and rapid pulse. The great object is very gently to stimulate the nutritive organs, and avoid any strong reaction; the food should be plain, and avoid all heating matter; and to

remember that it is not the quantity of food that will strengthen in these cases, but a small quantity proportioned to the greatly weakened powers of digestion; all wine, coffee, and other stimulants bad. 68, 81, 180, 179, 23, 65, 72½, 74, 79, 82, 93, 137, 141, 143, 157, 220, 226, 130, 223, 62, 71, 72, 13½, 9, 45½, 52, 114, 210, 150, 7, 13½, 13½, 14, 19½, 22, 26½, 45, 50, 99, 108, 110½, 115½, 119½, 128, 131, 132, 133, 153, 153½, 177, 178, 184½, 186, 193½, 195, 196, 197, 198, 198½, 199, 200½, 206, 207, 212, 213, 218, 219, 222, 237.

HEART DISEASE.—The following are the most generally suitable baths. Heart irritation comes on from stomach complaints, female stoppage, and from general nervousness, but these baths are safe for all. Heart disease is rare. Many are unnecessarily alarmed at palpitation, which is a common result of nervous debility, without any disease of the heart. The object to be aimed at, in cure or relief, is by soothing the nervous system, and especially causing stronger circulation in the lower parts of the body, and also in the arms, and promoting healthy action of the stomach and bowels by gentle natural means only. 176, 73½, 115½, 104, 137, 141, 143, 150, 153½, 153½, 157, 70, 210, 22, 223, 115½, 119½, 161½, 159, 160, 6, 9, 13, 14, 19½, 31, 50, 52, 179, 208, 212, 213, 221, 237.

DROPSY.—General baths. The object to be aimed at is to produce perspiration without injuring the digestive powers, keeping the skin warm and active. 98, 223, 225, 61½, 33, 48, 47, 59, 169, 130, 144, 143, 140, 141, 159, 160½, 161½, 162, 25, 57½, 13½, 22½, 24, 25½, 35½, 69, 122½, 141½, 153½, 163, 165, 168, 168½, 206, 214, 222.

DISEASES OF THE WOMB, and weakness of the parts in connection with it, are often brought on by pretended curative applications; very serious and sometimes fatal consequences ensue through the unnatural applications of caustic, leeches, alum injections, and the use of the speculum, which always causes injurious irritation. Regular attention to sitz baths, and especially to No. 216, would effectually prevent, in most of the cases, any disease occurring; but when there is derangement of this organ, attention to the mild treatment here laid down will be found efficacious, and, in the generality of cases, nothing beyond will be needed. 119½, 123, 93, 99½, 104, 105½, 106, 108, 115, 230, 142, 141, 137, 115½, 22, 2½, 44½, 98, 126, 127, 131½, 144, 143, 153½, 157, 161½, 166, 186, 195, 216, 7, 9, 13, 35, 45, 57½, 61½, 69, 92, 94, 95, 95½, 99, 105, 116½, 121, 124, 125, 128, 130, 150, 152, 153½, 160½, 161, 163, 164, 167, 168½, 169, 188, 212, 217, 222, 223, 225, 229½.

LIVER DISEASES.—The liver being the principal purifier of the body, as well as having an important office for

enriching the blood, any derangement becomes of serious consequence. Pain or uncomfortable feeling under the right ribs, or in the back, betwixt the shoulders, yellowness of the skin—especially in the white of the eye—and strong fur back part of the tongue, are all symptoms of deranged liver. If these first symptoms are not attended to and remedied, the liver becomes hardened, and no cure is possible. The treatment must be with a view to restore the vital power of the organic nerves of the liver, and all simply cold treatment will only further congest the already congested organ. Rest from all excitement or great fatigue, mental or bodily, is necessary for recovery. Calomel and all purgatives will only reduce the vital power, and all stimulants further congest it. Care must be taken not to take many hot baths for the body, but hot treatment must be applied locally, and much to the lower extremities; warm clothing is indispensable. These baths, without reducing the strength, will stimulate circulation and action of the deranged organ. 48, 94, 137, 98, 141, 61½, 175, 225, 211, 130, 133, 25, 46, 47, 59, 93, 73½, 115½, 144, 156, 215½, 223, 9, 122, 127, 52, 143, 163½, 7, 13, 14, 19½, 24, 33, 35½, 44½, 55, 57, 60, 61, 67, 69, 75, 95½, 110½, 153½, 160, 168, 169, 170, 172, 199, 206, 210.

STOMACH COMPLAINTS.—**NERVOUS DYSPEPSIA.**—115½, 115½, 130, 163½, 157, 70, 73½, 76, 78½, 7, 25, 24, 44½, 50, 52, 64, 73, 119½, 114, 93, 137, 143, 141, 153½, 153½, 229, 230, 22, 13½, 62, 13, 19, 31, 35, 44, 57½, 69, 70½, 77, 90, 92, 99, 112, 115, 121, 128½, 130½, 133, 154, 158, 160, 163, 169, 170, 172, 174, 195, 204, 206½, 210, 212, 222, 225.

DELIRIUM TREMENS.—64, 115½, 130, 215, 218, 219, 153½, 173, 186, 212, 98, 137, 141, 225, 52, 99½, 115½, 156, 77, 79, 7, 9½, 59, 61½, 62, 69, 75, 90, 115, 128½, 135, 144, 153, 163½, 204, 206½, 210, 221.

ORDINARY TONIC TREATMENT.—1, 4, 8, 9½, 13½, 16, 17, 18, 21, 30, 32, 36½, 36½, 54, 56, 83, 95, 99, 100, 101, 105, 106½, 109, 111, 112, 116, 119, 120, 124, 125, 126, 128½, 130, 154, 15, 199, 200, 205½, 206, 210, 229, 230.

VERY DELICATE TREATMENT.—2½, 7, 13½, 13½, 14, 17, 19½, 22½, 23, 24, 25, 26½, 30, 31, 35, 44½, 48, 50, 52, 57½, 62, 64, 65, 66, 70, 70½, 72, 72½, 73, 73½, 74, 75½, 75½, 78½, 92, 93, 94, 9½, 99, 108, 110½, 112, 113, 114, 115, 115½, 115½, 116½, 119½, 120, 121, 123, 126, 127, 128, 130, 131½, 132, 133, 137, 141, 142, 143, 150, 155, 157, 158, 159, 160, 161, 162, 163½, 168, 168½, 169, 171, 172, 175, 177, 178, 179, 180, 181, 182, 186, 187, 188, 189, 193½, 195, 198, 198½, 201, 207, 207½, 210, 212, 215, 221, 222, 223, 234, 225.

CONSUMPTION—INCIPIENT OR JUST BEGUN.—68, 22½, 13½, 72½, 180, 196, 198, 25, 13½, 72, 141, 153½, 156, 77, 106, 26½, 24, 10, 143, 153, 177, 186, 195, 207, 210, 212, 237.

INDEX.

—0—

| | | | | |
|--|---|---|---|---------|
| Abdominal Supports | - | - | - | 8 |
| Abscesses | - | - | - | 181 |
| Adulteration of Bread | - | - | - | 83 |
| Advice to Ministers and Public Speakers | - | - | - | 101 |
| Advice to Ministers of the Gospel, and all Public Speakers | - | - | - | 287 |
| Ague | - | - | - | 113 |
| Air Bath | - | - | - | 159N |
| Alcohol, Sir H. Thompson, and others | - | - | - | 159HH |
| Apoplexy | - | - | - | 191 |
| Arm Cases Cured | - | - | - | 161-163 |
| Arm Bath | - | - | - | 343 |
| Arms Naked, Children | - | - | - | 51 |
| Arteries, Cut of | - | - | - | 153 |
| Ascending Douche | - | - | - | 338 |
| Asthma | - | - | - | 136 |

B

| | | | | |
|--|---|---|---|----------|
| Baby Treatment | - | - | - | 40 |
| Baby Fever | - | - | - | 40 |
| Baby, Inflammation of Chest | - | - | - | 41 |
| Baby, Weak Spine | - | - | - | 42 |
| Bandages may be Bought | - | - | - | 68 |
| Bandages or Wet Compresses | - | - | - | 190 |
| Bath House Plan | - | - | - | 345 |
| Bath List | - | - | - | 346 |
| Bearing Down of Womb | - | - | : | 29 |
| Beefsteaks or Cutlets | - | - | - | 333 |
| Bite of Hand | - | - | - | 281 |
| Bladder Irritation | - | - | - | 140 |
| Bladder, Weakness of; Stricture in the Urethra | - | - | - | 140 |
| Blindness | - | - | - | 182 |
| Blood Passing through the Heart | - | - | - | 145, 158 |
| Boils, Dress (Bath list) | - | - | - | 151 |
| Bowel Case, Severe | - | - | - | 62 |
| Bowels, Constipation | - | - | - | 106 |
| Bowels, Disease | - | - | - | 105 |

| | | | | |
|------------------------------|---|---|---|------------------------|
| Bowels, Enlargement Case | - | - | - | 105 |
| Bowels, Inflammation | - | - | - | 106 |
| Bowels, Washing over | - | - | - | 107 |
| Bowels, Weak | - | - | - | 107 |
| Bowels, Rupture | - | - | - | 107 |
| Bowels, Enlarged | - | - | - | 108, 159 ^{HH} |
| Brain Irritation | - | - | - | 152 |
| Brain Fever | - | - | - | 158 |
| Brain Work Case | - | - | - | 190 |
| Bread Adulteration | - | - | - | 83 |
| Bread Poultice (Bath list) | - | - | - | 220 |
| Broken Hearts | - | - | - | 147 |
| Bronchial Tubes, Cut | - | - | - | 128 |
| Bronchitis | - | - | - | 129-130 |
| Bronchitis, Sudden Attack of | - | - | - | 131 |
| Bronchitis, Baby Case | - | - | - | 159 ^N |
| Burn Cases | - | - | - | 167, 278 |
| Burns and Scalds | - | - | - | 51 |

C

| | | | | |
|---|---|---|---|----------------------|
| Cancer | - | - | - | 17, 159 ^B |
| Carbuncles | - | - | - | 161 |
| Catarrh, or Nose Cold | - | - | - | 135 |
| Change of life | - | - | - | 13 |
| Chest Can | - | - | - | 344 |
| Chest Compress | - | - | - | 132 |
| Chilblains | - | - | - | 43 |
| Children of all Ages | - | - | - | 37 |
| Children, Irritation of Private Part | - | - | - | 48 |
| Children, Convulsions | - | - | - | 48 |
| Children, Stomach Derangement | - | - | - | 50 |
| Children's Sitz | - | - | - | 50 |
| Chillie Paste | - | - | - | 332 |
| Choking | - | - | - | 136 |
| Cholera | - | - | - | 108 |
| Ciliated Epithelium | - | - | - | 129 |
| Cod Liver Oil | - | - | - | 334 |
| Cold, Catarrh, or Stuffing in the Nose and Head | - | - | - | 135 |
| Cold Feet | - | - | - | 190 |
| Colic Pains | - | - | - | 74 |
| Compressed Air Bath | - | - | - | 159 ^N |
| Compresses can be bought | - | - | - | 68 |
| Confinement | - | - | - | 31-39 |
| Constipation | - | - | - | 104 |

| | | | | |
|---------------------------|---|---|---|------------|
| Consumption, Incipient - | - | - | - | 22 |
| Consumption, Nature of | - | - | - | 120 |
| Consumption, Treatment | - | - | - | 125 |
| Consumption Cases | - | - | - | 127 |
| Consumptive Case | - | - | - | 159g |
| Consumptive Persons | - | - | - | 120 |
| Convulsions in Children - | - | - | - | 48 |
| Cooling Drink - | - | - | - | 48, 333 |
| Cramp in Legs | - | - | - | 104 |
| Crisis Treatment - | - | - | - | 14, 15, 16 |
| „ Providing for | - | - | - | 289 |
| Croup | - | - | - | 42 |

D

| | | | | |
|---|---|---|---|----------|
| Deafness, 185 (Bath list) | - | - | - | 135 |
| Death of Dr. Hornbook - | - | - | - | 160 |
| Death of Earl Derby | - | - | - | 296 |
| Debility and Hysteria Case | - | - | - | 66 |
| Delicate and Advanced in Life, Caution | - | - | - | 80 |
| Delirium Tremens | - | - | - | 159 |
| Diabetes | - | - | - | 139 |
| Diarrhoea | - | - | - | 105, 107 |
| Diet, Clothing and Habits of Life | - | - | - | 52, 100 |
| Diet | - | - | - | 74, 82 |
| Diet, Stomach Diseases | - | - | - | 74, 82 |
| Digging Graves with Teeth - | - | - | - | 53 |
| Dinner Parties | - | - | - | 292 |
| Diphtheria in Children | - | - | - | 47 |
| Diseases Preventible | - | - | - | 238 |
| Douche Baths | - | - | - | 336 |
| Douche and Shallow Baths, Cut | - | - | - | 277, 336 |
| Dropsy - | - | - | - | 21, 140 |
| Dropsy, Illustrations of Medical Practice | - | - | - | 159q |
| Dropsy of Chest | - | - | - | 144 |
| Dying Case, Treatment | - | - | - | 79 |

E

| | | | | |
|----------------------------|---|---|---|-----|
| Ear Ache | - | - | - | 186 |
| Ear, Cut | - | - | - | 187 |
| Ear Douche | - | - | - | 184 |
| Early Habits and Education | - | - | - | 71 |
| Eating Without Appetite | - | - | - | 53 |
| Elbow Bath | - | - | - | 102 |
| Emetics | - | - | - | 306 |

| | | | | |
|-------------------------------|---|---|-------------------------------|-----|
| Epilepsy Case | - | - | - | 136 |
| Epilepsy | - | - | - | 80 |
| Eruptions | - | - | - | 16 |
| Erysipelas | - | - | - | 146 |
| Essay by a Young Lady Patient | - | - | - | 68 |
| Etna, Cut | - | - | - | 337 |
| Eye Cases | - | - | 65, 317, 316 <i>a</i> , 159HH | |
| Eye, Treatment for | - | - | 355, 183, 159HH | |
| Eye Bath | - | - | - | 185 |
| Eye Glasses | - | - | - | 185 |
| Eye, Anatomy of, Cut | - | - | - | 184 |
| Eye and Ear Douche | - | - | - | 184 |
| Eye Glass, Cut | - | - | - | 185 |

F

| | | | | |
|-------------------------------------|---|---|---|--------|
| Falling Greatness | - | - | - | 197 |
| Fatigue and Cold after Travelling | - | - | - | 103 |
| Feet, Cold | - | - | - | 190 |
| Feet, Tender | - | - | - | 190 |
| Feet, Sweating | - | - | - | 190 |
| Fever, Arresting Treatment | - | - | - | 109 |
| Fever, Soothing Pack | - | - | - | 110 |
| Figs | - | - | - | 333 |
| Fire-place, Cooking Stoves | - | - | - | 334 |
| Fistula | - | - | - | 93 |
| Fits from Eating | - | - | - | 75 |
| Flatulency | - | - | - | 81 |
| Flooding | - | - | - | 13, 14 |
| Folly and Mischievous of Purgatives | - | - | - | 249 |
| Foment Pack | - | - | - | 335 |
| Foment Pad, Steamer | - | - | - | 335 |
| Fomentations | - | - | - | 159A |
| Foot Baths | - | - | - | 337 |

G

| | | | | |
|--|---|---|---|-----|
| Garters | - | - | - | 283 |
| General directions for single women in good health | - | - | - | 5 |

H

| | | | | |
|--------------------------------|---|---|------------|-----|
| Hæmorrhage of Lungs | - | - | 22, 159JJ, | 126 |
| Hand Cut | - | - | - | 161 |
| Hand Bath | - | - | - | 343 |
| Hand Bitten | - | - | - | 281 |
| Hands, Chapped, Sore, or Rough | - | - | - | 189 |

| | | | | | |
|--|---|----------------------|-----------|---|----------|
| Headache | - | - | - | - | 102 |
| Head Bath, Cut | - | - | - | - | 338 |
| Head on Shoulder from Neuralgia | | | | - | 159D |
| Head and Shoulder Case | - | - | - | - | 159D |
| Head Pack, for Nervous Headache | | | | - | 102 |
| Head Sore in Children | - | - | - | - | 46 |
| Heart, Palpitation | - | - | - | - | 14 |
| Heart, Broken | - | - | - | - | 147 |
| Heart Disease | - | 148, 150, 159L, 159E | | | |
| Heart Irritation (Bath List, 232) | - | | 152, 159L | | |
| Heart Affection and Cut | - | - | - | | 159F |
| Heart and the Blood | - | - | - | - | 158 |
| Heat of Human Body | - | - | - | - | 282 |
| Hip Disease, Case ruined | - | - | - | - | 159o |
| Home Treatment, (See Introduction before Title page) | | | | | |
| Home-use Apparatus (Bath-list) | - | - | - | - | 354 |
| Hot Dripping Sheet | - | - | - | - | 335 |
| Hot Water for Rising Treatment | - | - | - | - | 104 |
| Hot Water Sitz | - | - | - | - | 335 |
| Human Body, Cut | - | - | - | - | 151 |
| Human Body, Heat of | - | - | - | - | 282 |
| Human Body, Structure and Functions | | | | - | 307 |
| Hydropult, Cut | - | - | - | - | 301, 341 |
| Hysteria or Hysterics | - | - | - | - | 22 |
| Hysterics | - | - | - | - | 22 |

I

| | | | | | |
|---|---|---|---|---|------|
| Ice Machine | - | - | - | - | 334 |
| Inflammation of Bowels | | - | - | - | 106 |
| Inflammation, Nature of | - | - | - | - | 114 |
| „ Theory of | | - | - | - | 115 |
| Inflammation of Lungs, Liver, or Bowels, Treatment of | - | - | - | - | 117 |
| Inflammation of Lungs, Aged, Cured | | | | - | 159N |
| Inflammation of Chest, Baby- | | | - | - | 41 |
| Inflammation of Bowels, Diarrhœa | | | - | - | 106 |
| Influence of Early Habits and Education | | | | - | 71 |
| Influenza | - | - | - | - | 134 |
| Internal Tumours | | - | - | - | 40 |
| Iodine | - | - | - | - | 159M |
| Irregular Menstruation | - | - | - | - | 9 |
| Irritation in Childrens' Legs and Thighs | | | | - | 48 |
| Itch | - | - | - | - | 190 |

K

| | | | | |
|---|---|---|-------------------------------------|-----|
| Kidneys, Disease of | - | - | - | 138 |
| Kidneys, Inflamed | - | - | - | 117 |
| Killing No Murder | - | - | - | 295 |
| Knee Cases 59, 61, 162, 163, 316 <i>b</i> | | | (Bath list, 17, 146 $\frac{1}{2}$) | |
| Knee Case, Mr. Smedley | - | - | - | 164 |

L

| | | | | |
|---------------------------------------|---|---|---|------------|
| Labour Treatment | - | - | - | 34, 39, 62 |
| Lady's Sitz, Cut | - | - | - | 337 |
| Leg Bath | - | - | - | 343 |
| Leg Case, Ruined by Doctors' Practice | - | - | - | 159H |
| Legs, Sore, Irritable, or Inflamed | - | - | - | 161 |
| Legs, Eruption | - | - | - | 16 |
| Legs, Cramp | - | - | - | 104 |
| Legs, Swollen | - | - | - | 159D |
| Leucorrhœa, or Whites | - | - | - | 7 |
| Liver Structure and Cuts | - | - | - | 95 |
| Liver Complaint | - | - | - | 96 |
| Liver Case | - | - | - | 98, 159EE |
| Liver, Inflammation | - | - | - | 117 |
| Locomotion and Respiration | - | - | - | 122 |
| Loss of Vital Heat while Dressing | - | - | - | 104 |
| Loss of Voice | - | - | - | 136 |
| Lumbago | - | - | - | 177 |
| Lung Cases | - | - | - | 127 |
| Lung and Liver Case | - | - | - | 159E |
| Lungs, Cut of | - | - | - | 124 |
| Lungs, Quality of Air in | - | - | - | 155 |
| Lungs, Hæmorrhage | - | - | - | 22, 126 |
| Lymphatics, Cut of | - | - | - | 142 |

M

| | | | | |
|----------------------------|---|---|---|-----------|
| Mania | - | - | - | 23, 56 |
| Mania Case | - | - | - | 60 |
| Married Women | - | - | - | 26 |
| Measles | - | - | - | 42 |
| Menstruation | - | - | - | 9, 10, 12 |
| Mental Case | - | - | - | 57 |
| Methylated Spirits of Wine | - | - | - | 332 |
| Milk Fever | - | - | - | 36 |
| Miscarriage | - | - | - | 30 |
| Mumps | - | - | - | 23 |
| Mustard | - | - | - | 332 |
| Murderous Case | - | - | - | 159HH |

N

| | | | | |
|----------------------|---|---|---|---------------------|
| Naked Arms, Children | - | - | - | 51 |
| Nerves of Nutrition | - | - | - | 83 |
| Nervous Case | - | - | - | 103 |
| Neuralgia | - | - | - | 160, 323 |
| New Milk Jelly | - | - | - | 333 |
| Nose Discharge | - | - | - | 135 |
| Nose Bleeding | - | - | - | 159JJ |

O

| | | | | |
|--------------------------|---|---|---|---------|
| Opiates on the Brain | - | - | - | 158 |
| Organic Nerves | - | - | - | 83, 314 |
| Ovarian Tumours | - | - | - | 20 |
| Ovary Neuralgia, Case of | - | - | - | 56 |

P

| | | | | |
|---|---|---|---|----------|
| Palpitation of Heart | - | - | - | 14 |
| Palsy | - | - | - | 201 |
| Paralysis | - | - | - | 198, 314 |
| Paralysis, Treatment of | - | - | - | 201 |
| Paralysis Case | - | - | - | 202, 203 |
| Piles | - | - | - | 92, 93 |
| Plums | - | - | - | 334 |
| Pomade | - | - | - | 332 |
| Providing for Crisis or Something Worse | - | - | - | 289 |
| Purgatives, Folly and Mischief of | - | - | - | 249 |

Q

| | | | | |
|---|---|---|---|-----|
| Quinsy, in Plain or Ulcerated Sore Throat | - | - | - | 134 |
|---|---|---|---|-----|

R

| | | | | |
|---|---|---|---|----------|
| Rectum, Diseases of | - | - | - | 94 |
| Respiration and Locomotion | - | - | - | 122 |
| Respirator | - | - | - | 136 |
| Revalenta | - | - | - | 333 |
| Rheumatic Fever Case | - | - | - | 57 |
| Rheumatic Case | - | - | - | 57 |
| Rheumatic Fever and Disease of the Heart | - | - | - | 138 |
| Rheumatic Cases where Inflammation and Pain in the Joints | - | - | - | 173 |
| Rheumatic Fever Case | - | - | - | 168, 169 |
| Rheumatism | - | - | - | 167 |
| Rheumatism in Shoulder | - | - | - | 171 |
| Rheumatism in knee Case | - | - | - | 172 |

| | | |
|---|-------|------|
| Rheumatism where Joints are Fast, Treatment | .. | 173 |
| Rheumatism, and Allopathic Treatment of | - | 178 |
| Ringworms | - - - | 189 |
| Royal College M.D. | - - - | 159q |
| Rupture of the Bowels | - - | 107 |

S

| | | |
|--|-------|------------|
| Saint Vitus' Dance | - - - | 48 |
| Saline Draughts | - - - | 334 |
| Saliva and Cut | - - - | 332 |
| Scalds or Burns | - - - | 51 |
| Scarlet Fever | - - - | 47 |
| Scarlet Fever, Quinsy, and other Cases | - | 55 |
| Sciatica | - - - | 174 |
| Sciatica, and Sciatica Leg Cases | - - | 174 |
| Sciatica, and Rheumatic Fever Cases | - - | 175 |
| Scrofula Cases | - - - | 189 |
| Scurf, or Eruptions on Head for Adults | - | 46 |
| Seat Irritation | - - - | 95 |
| Selection of Baths | - - - | 359 |
| Shallow Wood Bath | - - - | 341 |
| Shingles | - - - | 146 |
| Shoulder and Arm Case | - - - | 163 |
| Sickness Case | - - - | 60 |
| Sitting or Sitz Bath | - - - | 339 |
| Sitz Bath Hot Pan | - - - | 335 |
| Sitz Bath, as Used | - - - | 342 |
| Sitz, for Children | - - - | 50 |
| Sitz, Lady's | - - - | 339 |
| Skin Disease | - - - | 144, 159c |
| Skin, and Cuts of | - - - | 145, 146 |
| Sleep by Opiates | - - - | 157 |
| Sleep and Soothing Nerves (Bath list) | - | 115½ |
| Sleeping Position | - - - | 157 |
| Sleeplessness, Treatment | - - - | 158 |
| Small-pox | - - - | 43 |
| Small-pox Case | - - - | 44, 45, 63 |
| Small-pox in Paris | - - - | 159cc |
| Sniffing Bath (Bath list) | - - - | 136 |
| Snuff Taking | - - - | 286 |
| Soda Water Machine | - - - | 334 |
| Sore Heads, Children | - - - | 46 |
| Sore Throat | - - - | 132, 134 |
| Sore Legs (Bath list) | - - - | 146½ |

| | |
|---|-----------|
| Special Home Treatment, A to Z & Aleph to Tau | 354-357 |
| Spinal Case - - - | 50-59 |
| Spinal Back Wash - - - | 190 |
| Spine Disease - - - | 147 |
| Spine Weak in Baby - - - | 42 |
| Spirit Lamp - - - | 344 |
| Spleen - - - | 300 |
| Sprain of Ankle Joint - - - | 180 |
| Sprain of Wrist Case - - - | 159F |
| Sprains - - - | 179 |
| Stafford, M. P., Case of - - - | 298 |
| Steam Box & Spirit Lamp, - - - | 340, 344 |
| Steamer Foment Pad - - - | 335 |
| Steamer, Portable - - - | 344 |
| Stewed Apples and Pears - - - | 333 |
| Stomach Case - - - | 62 |
| Stomach Complaint - - - | 72 |
| Stomach Complaints, Constipation of Bowels, and Inflammation - - - | 159J |
| Stomach and Bowels, Colic Pains - - - | 74 |
| Stomach Complaint and Paralysis - - - | 159KK |
| Stomach, Gastric Irritation - - - | 75 |
| Stomach, Pack - - - | 82 |
| Stomach, Liver, and Bowels Structure - - - | 85-93 |
| Stomach Derangement in Children - - - | 50 |
| Stomach Diseases, Diet - - - | 74 |
| Stomach Organic Nerves - - - | 84 |
| Stove, American Champion - - - | 334 |
| Strychnia Case - - - | 301 |
| Subcutaneous Injection of Morphia - - - | 159K, 174 |
| Support - - - | 8 |
| Swallowing a Bullet - - - | 137 |
| Sweating at night - - - | 127 |
| Swelling on Cheek - - - | 159A |
| Swollen Knees and Ankles from Chronic Rheuma- tism, Treatment - - - | 173 |
| Swollen Legs - - - | 159D |
| Syncope Senilis, or Faintness and Fits in Old and Weak persons, from Indigestion - - - | 75 |

T

| | |
|--------------------|--------|
| Tender Feet - - - | 190 |
| Testimonials - - - | 54, 59 |
| Throat, Sore - - - | 132 |

| | | | |
|---|---|---|------------|
| Throat, Relaxed, Treatment | - | - | 133 |
| Throat Affection, and Difficulty in Breathing | - | - | 133 |
| Thrush | - | - | 49 |
| Thumb Injury | - | - | 280 |
| Tic-Douloureux Case | - | - | 66 |
| Tin, Shallow, Cut | - | - | 340 |
| Tobacco Case | - | - | 1590 |
| Tobacco Fever and Inflammation | - | - | 284, 285 |
| Toe Crush | - | - | 316b |
| Toe Nails | - | - | 139 |
| Toothache | - | - | 189 |
| Tooth Fever | - | - | 41 |
| Trifle | - | - | 294 |
| Trunk Pack (Bath list) | - | - | 43 |
| Tumours | - | - | 40 |
| Tumours, Fleshy | - | - | 159A |
| Tumours, Internal | - | - | 40 |
| Turkish Bath | - | - | 159D |
| Typhus Fever | - | - | 110 |
| „ „ Case of | - | - | 159GG, 112 |
| Typhus Fever Case, Lost by Doctors' Treatment | - | - | 159G |

UV

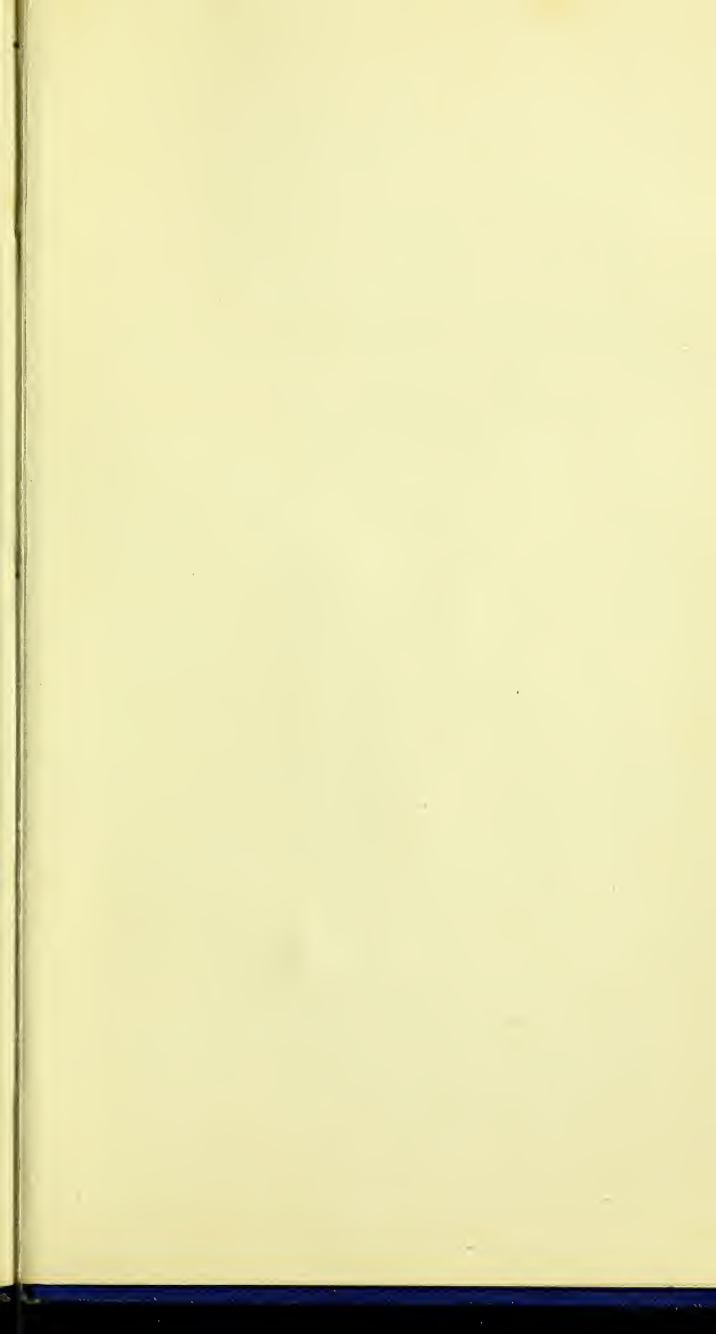
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|--|---|---|------|
| Ulcers, Wounds, and Rheumatic Pains in Legs and Thighs | - | - | 181 |
| Ulcers | - | - | 181 |
| Urinal, India-rubber | - | - | 140 |
| Urine, Stoppage of | - | - | 140 |
| Urine, Secretion | - | - | 331 |
| Vaccination no Protection | - | - | 45 |
| Vaccination a Delusion and Injury | - | - | 159W |
| Varicose Veins | - | - | 16 |
| Veins, Structure of, Cut | - | - | 155 |
| Ventilation of Bedrooms | - | - | 103 |
| Voice, Loss of | - | - | 136 |

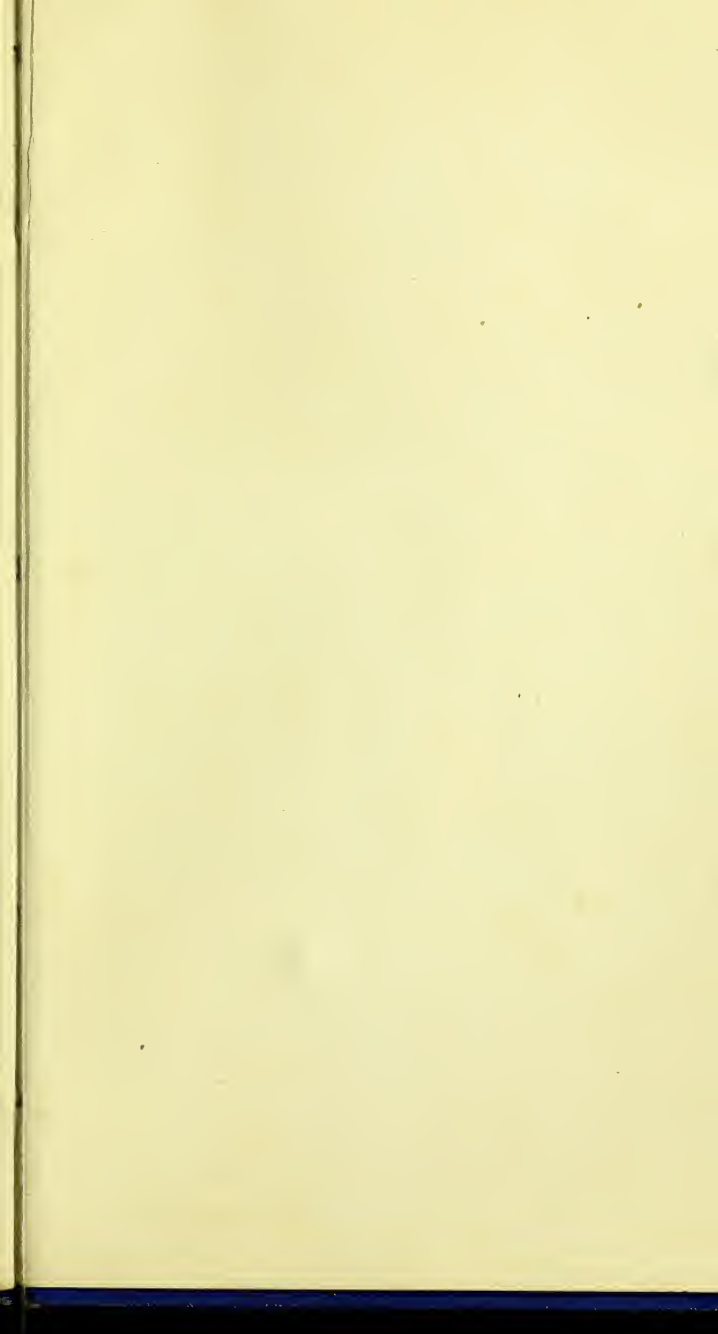
W

| | | | |
|---|---|---|-------|
| Waistcoats | - | - | 282 |
| Water on the Chest | - | - | 143 |
| Water in the Head | - | - | 159KK |
| Water, Pure and Impure, | - | - | 289 |
| (Water Test, important—Danchell's, 38, Red Lion-square, London, 10s. 6d.) | - | - | |
| Water Filters | - | - | 334 |

| | | | | | |
|--|---|---|---|---|--------|
| Weak Action of the Human Frame | - | - | - | - | 77 |
| Weak Bowels | - | - | - | - | 107 |
| Weakness, Extreme | - | - | - | - | 79 |
| Weaning | - | - | - | - | 38 |
| Wet Pack, Cut | - | - | - | - | 342 |
| Whites | - | - | - | - | 7 |
| Whitlows | - | - | - | - | 279 |
| Whooping Cough | - | - | - | - | 42 |
| Windpipe and Bronchial Tubes, Cut | - | - | - | - | 128 |
| Winter in an English Water Cure Establishment | - | - | - | - | 302 |
| Womb, Bearing Down of | - | - | - | - | 29 |
| Womb Case | - | - | - | - | 57, 60 |
| Womb Case Cured | - | - | - | - | 61 |
| Wood, Shallow, Cut | - | - | - | - | 341 |
| Work People's Sunday Clothing | - | - | - | - | 283 |
| Works of Reference | - | - | - | - | 367 |
| Worms in Children | - | - | - | - | 49 |
| Worms, Adults | - | - | - | - | 49 |
| Wound Slow to Heal | - | - | - | - | 179 |
| Wounds, Cuts, and Bruises | - | - | - | - | 159DD |
| Wounds of Broken or Dislocated Limbs or Humours, Old Injuries | - | - | - | - | 180 |
| Wrist, Sprain of | - | - | - | - | 159F |
| Y | | | | | |
| Yeast | - | - | - | - | 333 |







42

15

